



Fair day's pay for producers

Events highlight scheme to give farmers a better deal

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Spice up your life with Ainsley

Join the celebrity chef for a Curry Mile celebration

SEE PAGE 7



Petticoat Lane promenade

Follow Graham Barker's latest Walk of the Month

SEE PAGES 18 & 19

ISSUE 1001 17 - 23 MARCH 2014

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

High Court to rule on affordable rent

Nine councils challenge new London-wide rules

IRIS EYES ARE SMILING



SEVEN-YEAR-OLD former patient Iris Filbee meets the Earl and Countess of Wessex at the Royal London Hospital helipad. The royal couple were visiting London's Air Ambulance on the Earl's 50th birthday. For the full story, see page 3.

BY SUSAN MULLIGAN

NINE London councils have brought a High Court challenge against the Mayor of London in a bid to protect affordable rents for local people.

Tower Hamlets, Brent, Camden, Enfield, Greenwich, Hackney, Islington, Lambeth and Southwark councils are challenging the Mayor's Revised Early Minor Alterations (REMA) to the London Plan.

For many years, boroughs have been able to ensure new affordable housing is provided at rents local people can afford. Typically, in inner London, that is 30 to 40 per cent of market levels.

However, Mayor Johnson is seeking to impose 'affordable' rents in new housing, set at up to 80 per cent of the market rate, refusing to allow boroughs to negotiate lower levels that local people are more able to afford.

The boroughs will argue that rents at 80 per cent of market levels will be unaffordable for many Londoners. They are also

arguing that the Mayor was wrong to treat London as a single housing market, when there are many different levels of rent across the city.

The alterations run contrary to the advice of an independent government-appointed planning inspector, who recommended that boroughs should keep their powers to set rents for new affordable housing.

A statutory challenge was

heard in the High Court on Friday, March 14, the outcome of which is yet to be determined.

Mayor Lutfur Rahman said: "London's rental market is already overheated, and it is vital we keep rents at a level people on low incomes can afford.

"These plans could price many people, especially those on low incomes and those who are vulnerable, out of much of London."

Continued on page 3

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New skills and jobs

For local people the new connection zone is about learning new skills, getting out of debt and securing a job.

SEE BELOW

Zone is cause for celebration

A Del Boy look-a-like, a Cockney knees-up and story-telling for the kids were all part of a day of celebration at the opening of a new connection zone at the Bromley by Bow Centre.

SEE BELOW

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.

Tel: 7364 3179 Fax: 7364 4917

Email: eastendlife.news@towerhamlets.gov.uk



Editor Laraine Clay
Tel: 7364 3179
Deputy Editor Helen Watson
Tel: 7364 3173
Reporter
Jessica Odubayo
Tel: 7364 4365
Photos
Tel: 7364 3253

Advertisement Manager
Sharan Ahmed
Tel: 7364 4061

Senior Advertising Sales Executive
Christine O'Doherty
Tel: 7364 4994

Senior Advertising Sales Executive
Fatima Khan
Tel: 7364 4623

Advertising Production Controller
Terri-Leigh Knight
Tel: 7364 4682

Distribution Manager & Finance
Abdul Miah
Tel: 7364 0474

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Residents enjoy a Cockney celebration at zone opening



The Pearly King and Queen of Bow Bells with Del-Boy look-a-like and his three-wheeler Reliant Robin

Nice 'n' kneesy does it

BY JESSICA ODUBAYO

RESIDENTS in Bromley by Bow had a good old Cockney knees-up to mark the opening of a new zone at community organisation the Bromley by Bow Centre.

A Del Boy look-a-like arrived

in his infamous three-wheeler van, joining guests, including the Pearly King and Queen of Bow Bells, to celebrate the opening of the connection zone.

Bromley by Bow Centre has opened the new space with support from Lloyd's Charities Trust.

The facility gives local people

access to services including adult learning classes, debt advice, exercise classes and apprenticeships.

People in the area are also invited to use the space to meet friends, have a cup of tea and join in activities such as IT sessions and storytelling.

Rob Trimble, chief executive of the Bromley by Bow Centre, said: "The connection zone is supporting local people to fulfil their full potential in life.

"For many this is a long journey, which is about getting physically and mentally healthy, and gaining self-confidence; for others it's about learning new skills, getting out of debt and securing a job.



A young girl enjoys the fun

"For some, it's about all of those things.

"The support of Lloyd's is invaluable in enabling us to deliver long-term, sustainable transformation in people's lives."

Call the team on 8709 9752 or email connect@bbbc.org.uk.



One resident has a laugh getting framed

Inside this week's issue

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NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

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Petticoat Lane
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A special affection for the East End

The borough held a particular place in Tony Benn's affections, as both his grandfather and his father were MPs for the St George constituency, which was then in Wapping.

SEE BELOW



Air heroes

London's Air Ambulance is based at the Royal London Hospital.

WWW.LONDONS AIRAMBULANCE.CO.UK

News

The only way is Wessex

Tributes paid to Tony Benn

TRIBUTES have been paid to former Labour MP and socialist campaigner Tony Benn, who died on Friday, March 14, aged 88.

Mr Benn was a regular visitor to Tower Hamlets, speaking at rallies and meetings over the decades.

The borough held a particular place in his affections, as both his grandfather, John Benn, and his father, William Wedgwood Benn, were MPs for the St George constituency, which was then in Wapping.

"Tony could put across socialist ideas in a way that appealed to a very wide audience," said John McLoughlin, secretary of Tower Hamlets branch of public service union Unison.

"He twice was a guest at our annual meetings as well as speaking at pensions, anti-war and anti-cuts rallies.

"He always reminded us not only of his own Tower Hamlets connections but of the great socialist and anti-fascist tradition of the East End.

"His generosity and commitment was inspiring. In 2010, when he last spoke at our annual meeting, his health was not great – but he was still happy to speak and take time after for a cup of tea and a chat.

"He inspired love as well as admiration. Our lives are all a little poorer for his passing – but the memorial he would want is for us to keep on fight-



(Above & below) Tony Benn visited Wapping in May last year

ing for social justice and peace."

Mr Benn was also vice-president of the Campaign For Nuclear Disarmament (CND).

Len Aldis, chair of Tower Hamlets CND, said he had spoken on the same platform as Mr Benn on many occasions.

"The country has lost a great man who was well respected for what he stood up for and what he believed in. It is a sad loss," Mr Aldis said.

Mr Benn unveiled a plaque to English Civil War activist Thomas Rainsborough at St John's Church in Wapping on May 12 last year.

Speaking at the ceremony, he said: "We have made great progress in fighting for equality and Thomas Rainsborough started that journey hundreds of years ago. We still need to continue to fight those battles to make the world a fairer place."

Next week, John Rennie looks at the life and local connections of Tony Benn.

Royal seal of approval for London's Air Ambulance

BY JESSICA ODUBAYO

THE Earl and Countess of Wessex were taken around the helipad at the Royal London Hospital in White-chapel, when they visited London's Air Ambulance.

The royal couple were visiting two charities supported by the Wessex Youth Trust on the Earl's 50th Birthday.

They were shown emergency aircraft and medical equipment and watched advanced trauma doctors carry out a training scenario using dummies.

Through the trust, the Earl and Countess of Wessex awarded London's Air Ambulance a grant of over £10,000 in November last year, towards paediatric training mannequins.

Graham Hodgkin, chief executive of London's Air Ambulance, said: "We were delighted to welcome the royal couple to our helipad and are extremely grateful for their support through the Wessex Youth Trust.

"Serious trauma is the biggest killer in under 45s, including children, and we are continuously researching new ways to save even more lives."

Seven-year-old former

patient Iris Filbee presented flowers to the countess.

In November 2013, Iris fell down the stairs while playing at her home in Greenwich, which caused a seizure.

A paramedic arrived on scene within four minutes and feared the worst because Iris was unresponsive. He requested the assistance of the air ambulance advanced trauma team.

Dr Claire Richmond and Karen King were by Iris' side within minutes. After making a thorough assessment, they realised that Iris had luckily survived the fall with no immediately life-threatening injury.

They administered pain relief and were able to reassure Iris' mum, Sarah. Iris was taken to hospital for further tests and made a swift recovery.

Sarah said: "We feared the worst and no one wanted to risk moving her but, within what seemed like minutes, the right people were on scene making the right assessment and I felt extremely reassured.

"Iris feels so special to be meeting a real princess today and it is a lovely treat for her after all she has been through."

News in brief

Credit union AGM

LONDON Community Credit Union, which has branches in Tower Hamlets and other parts of east London, will hold its annual meeting on Thursday, April 3 at 83 St Paul's Way, Bow.

The meeting is an opportunity for members to make their voices heard. Representatives will be elected to help run the union. The meeting will start promptly at 5.30pm.

Refreshments will be available from 5pm, when guests can meet fellow members and staff.

Visit <http://londonccu.co.uk> for further information.

Council in affordable rent battle

Continued from page 1

Cllr Rabina Khan, cabinet member for housing, said: "The current plans for housing seem to have overlooked the need for truly affordable housing in our city.

"We have undertaken thorough research on the rent levels local residents can afford and together with the eight other boroughs I believe we have a strong case."

Mayor Johnson's proposal applies to new affordable housing built in London. Existing council tenancies and the majority of housing association tenancies will be unaffected.



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WWW.FAIRTRADE.ORG

News

Businesses boosted by networking

MORE than 60 budding entrepreneurs attended a free business networking event to boost small businesses in Tower Hamlets.

Hosted by the council, The Start Small, THINK BIG event on February 26 at Idea Store Whitechapel provided advice, support and tips on how to start or grow your business.

Industry experts led workshops on strategies to develop businesses and how social media can be used effectively to reach customers.

Throughout the day there were opportunities for participants to get advice and information from specialists and to meet successful business owners to find out how they got their big break and overcame barriers.

Mayor Lutfur Rahman said: "Starting up your own business can be exciting and daunting at the same time which is why the council is hosting events like this to equip residents with all the advice and skills they need to be a success."

"I am committed to supporting local businesses and increasing jobs for residents. Small businesses play an important role in boosting the economy."

Cllr Shafiqul Haque, cabinet member for jobs and skills, added: "We had good feedback last time we held this event and decided to do another one to inspire residents to take the plunge and set up their own business."

The networking event comes as part of the council's pledge to support local businesses.

Companies which took part in the event included: East London Small Business Enterprise, Adam Solicitors, Barclays and the council's Trading Standards team.

To boost business prospects in Tower Hamlets, Idea Stores will be hosting a series of business workshops over the next six months. For information visit www.ideastore.co.uk

Events raise awareness of Fairtrade farming

BY MEHREEN HUSSAIN

RESIDENTS and community groups in Tower Hamlets marked Fairtrade Fort-night with events across the borough to highlight the importance of giving farmers' in developing countries a fairer deal.

Tower Hamlets is a Fairtrade borough and has an active steering group made up of residents and representatives from local development campaigns, faith groups, universities, community and education organisations, as well as the council.

Fairtrade is an international scheme set up in the 1980s to help improve the lives of farmers and workers in the developing world. Focusing on better prices, decent working conditions and sustainability, the scheme has a Kitemark which is now displayed on a number of products stocked by most UK supermarkets today, including some of the borough's caterers.

This year's event marked the launch of a special campaign that aims to transform the banana industry to ensure those at the sharp end of the supply chain get a fairer deal.

The council's own catering service currently uses bananas that are Fairtrade and is commit-



The Big Brew supporters at Bow Church

ted to seeking affordable ways to increase Fairtrade products on its menus in schools and meals services. Teachers and pupils from primary schools came along to the Humanities Education Centre's



Frances Reynolds with a Fairtrade cake

annual conference at the Town Hall where they met with Kuapa Kokoo Cocoa Farmers and a representative from Fairtrade London. Pupils listened to presentations and took part in activities and discussions.

Across the borough Bow Church held its Big Brew on March 1 to support Fairtrade Fort-night. Residents were served tea and coffee as well as cakes made with Fairtrade ingredients. Mayor of Tower

Hamlets, Lutfur Rahman said: "The council is committed to supporting Fairtrade and we continue to encourage people to use Fairtrade products across the borough."

The Tower Hamlets Fairtrade Steering Group is now looking for new members to support their work to promote and lobby across the borough.

Interested residents can email fairtrade@towerhamlets.gov.uk

The next Steering Group meeting will be held at Idea Store Whitechapel on March 19 at 6pm.

News in brief

Organisers sought

A COMMUNITY organisation, which has been chosen to take part in a national scheme, is hunting for trainee community organisers in Bethnal Green.

Community organisers is a government-funded scheme that aims to train 500 paid individuals who will work in communities to bring people together, listen to ideas, build networks and help people tackle local issues which are important to them.

Through their year-long contracts, the community organisers will recruit volunteers, bringing people together to create projects that make their neighbourhoods better places to live.

St. Margaret's House has been selected to deliver the scheme, which will recruit and host the first community organisers in Bethnal Green.

For further information, call Tony Hardie on 8980 2092.

Have your say...

TRANSPORT for London is running a consultation on proposed changes to bus routes in the Aldgate area and would like residents to give their views.

The proposals include rerouting and changes to stops as a result of proposal by the City of London to remove the one-way system around Aldgate.

For full details and to share your views, visit www.tfl.gov.uk/aldgate-gyratory

The consultation will run until Friday, April 4.

Gym open day

ABILITY Bow, a gym which helps people with disabilities become fitter through exercise, is inviting residents to an open day on Monday, March 31.

Visitors will be able to explore the gym's facilities and speak with staff and gym users. The day will also feature presentations, clinical demonstrations, talks from service users and fundraising raffle, cake sale and quizzes. The programme runs from 12-4.45pm.

Email info@abilitybow.co.uk for details or to book your visit.

Living Wage campaign a success

A CATERING company on the Isle of Dogs has become the latest UK business to sign up to the Living Wage campaign, paying its employees a minimum of £8.80 per hour.

A total of 88 out of 130 members of staff, mainly waiting staff and cleaners, at the company Party Ingredients have benefited directly from the move.

Research shows that 85 per

cent of bar and waiting staff are paid below the Living Wage, which is calculated by the Greater London Authority and based on the basic cost of living in the capital.

The research also shows many low paid workers often have more than one job in order to make ends meet, which then means they have very limited time and money to enjoy a decent quality of life.

Employers who have started

to pay the Living Wage have not only greatly improved the lives of their employees but have noticed several benefits themselves, including a noticeable improvement in employee productivity, improved staff retention and a 25 per cent decrease in absenteeism.

Paying the Living Wage does not only benefit the employee and the company, it has a wider-reaching benefit in that it reduces the number of people

who rely on the state to subsidise their low wages.

There are currently only 14 accredited hospitality employers paying the Living Wage.

Tom Clarkson, event staffing manager at Party Ingredients, said: "We pride ourselves on having a happy work force which allows us to deliver an exceptional level of service. Job satisfaction is key and that simply can't happen if hard work is inadequately rewarded."



Professional or personal interest

To coincide with the international awareness day for epilepsy, known as Purple Day (Wednesday March 26), a new epilepsy health forum is being launched in Tower Hamlets.

EMAIL COMMUNITY.DEVELOPMENT@EPILEPSYSOCIETY.ORG.UK OR CALL 01494 601 438

Can't see your doctor?

"By letting us know when you aren't coming, you could be helping someone who really needs that appointment."

DR SAM EVERINGTON

News

Bow cannabis factory raided

BY STAFF REPORTER

MATURE cannabis plants with a street value of £12,000 have been destroyed after they were found in a property in Bow.

Police officers from the Partnership Task Force obtained a drugs warrant, following an investigation into activities at

the address. They forced entry into the property in Wrights Road on Wednesday, March 5, where they found 60 cannabis plants and also discovered hydroponic equipment.

No arrests were made at the property, but officers followed up leads and later arrested a 39-year-old woman for producing controlled substances

and abstracting electricity.

PC Roberts, leading the investigation, said: "Being on the Partnership Task Force means I have a close working relationship with the local neighbourhood policing teams, which allows me to target specific offenders linked to drugs and other associated offences."

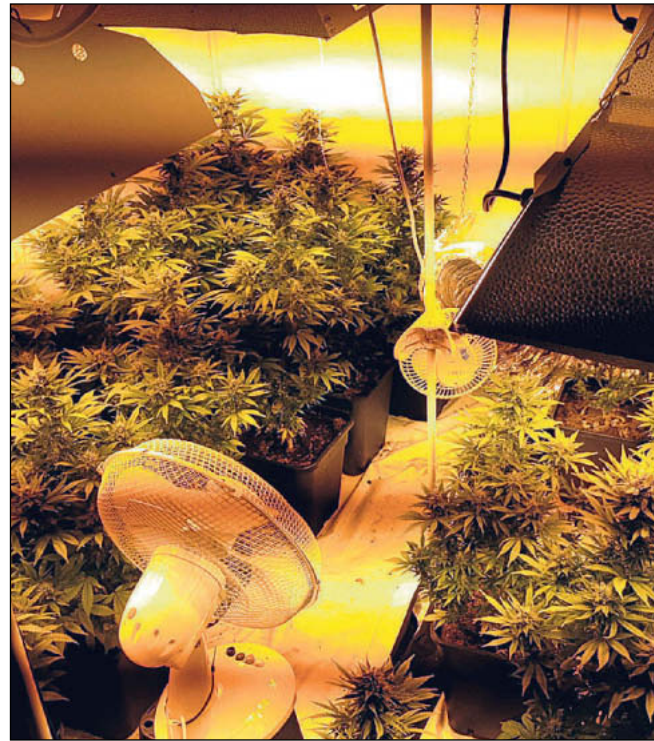
"The PTF takes these issues seriously and has a zero tolerance approach to drug use, supply and the production of illegal substances in the borough of Tower Hamlets."

"Any persons considering, or already involved in, the drugs trade may look forward to a visit from us in the near future."

If you have information or concerns about crime in your area, call your Safer Neighbourhoods Team or the police non-emergency number 101. Alternatively, call Crimestoppers on 0800 555 111, who will pass your information to police anonymously.



(Above) The cannabis and equipment found during the raid, and (right) where the cannabis was growing



Epilepsy DVD and forum

A DVD, All About Epilepsy, which highlights issues surrounding the neurological condition, is being launched in Tower Hamlets on March 26, the international awareness day for epilepsy.

March 26 will also see the launch of an epilepsy forum in Tower Hamlets. Anyone with an interest in epilepsy, personal or professional, will be able to meet with the Epilepsy Society community development team to get involved.

The DVD launch will take place in Whitechapel from 10.30am-1.30pm.

Places are free but limited, and need to be booked by March 21 – email community.development@epilepsysociety.org.uk or call 01494 601438.

Don't just fail to turn up to see GP

DOCTORS in Tower Hamlets are asking people to cancel if they can't attend their GP appointments.

Every year, millions of people across the UK fail to turn up to GP appointments, meaning that patients in genuine need of help have to wait longer.

Practices are always keen to make it quicker and easier for residents to see their doctor.

People who don't notify their practice when they are unable to make an appointment prevent this from happening.

Most GP practices in Tower Hamlets have a number of emergency appointment slots that are available each day. Outside of opening hours, you should call the NHS 111 number – a trained adviser or experienced clinician will assess your condition and

direct you towards the service that can best help.

Dr Sam Everington, a local GP and chair of NHS Tower Hamlets Clinical Commissioning Group (CCG), said: "As GPs, we are working hard to make it easier for people to see their doctor. But we need our patients to do their bit too by letting us know if they need to cancel or rearrange an appointment."

AN advertising campaign (pictured right) using poster sites at bus stops, phone boxes and other locations is being run by police to let residents know about police activities in local areas. The campaign aims to communicate actions local police have taken to cut crime or help solve problems locally, using a mixture of borough-wide, ward-wide and street-level messages. "Evidence tells us that giving residents very local information about police



action in their area may increase the confidence they have in police," a

spokesman said. The campaign is due to run until March 24.

Have your say on SAFETY in BETHNAL GREEN NORTH



Tower Hamlets residents are invited to join the Deputy Mayor Cllr Ohid Ahmed, and Police Borough Commander for a walkabout to look at community safety issues in Bethnal Green North ward.

The interactive walkabout will focus on how the council and police are tackling youth anti-social behaviour, drug dealing and misuse in the area, as well as further action needed.

DATE: Friday 21st March 2014

TIME: 4pm – 5.30pm

MEETING POINT: Bethnal Green Police station, 12 Victoria Park Square, E2 9NZ

VISITING:

>> Sidney House, Old Ford Road >> Parmiter Street >> Middleton Green/ Temple Dwellings >> Blythendale House, Mansford Street E2



>> Residents do not need to register and can just show up on the day



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Voice your concerns

To book an appointment at the mayor's fortnightly surgeries at Idea Stores in Whitechapel and Crisp Street call...

7364 5014

How to contact Mayor Rahman

The mayor's web pages can be viewed at www.towerhamlets.gov.uk/mayor or email him at mayor@towerhamlets.gov.uk or call 7364 4993.

WWW.TOWERHAMLETS.GOV.UK

News from the Mayor

It's vital we listen to voices of youth

YOUNG people are crucial to the future of Tower Hamlets. They make up more than a third of the population of the borough – that's about twice the inner London average.

So I was pleased this week to be able to sign our Charter of Child Rights.

Local children chose ten parts of the UN Convention that are most important to them.

These include wanting a decent education and to join activities.

It is vital for the council and other organisations to listen to our young people when delivering services.

I was proud Tower Hamlets marked the Queen's Commonwealth Day, raising a flag with the help of Oaklands School students at the Town Hall.

The Commonwealth Charter is about the diversity, understanding and mutual respect we try to foster in the borough.

So it was fitting this week that Tower Hamlets was nationally recognised for our excellence in championing equality by the Local Government Association.

It is a tribute to the hard work of the council, partners and third sector organisations in the borough.

I know every pound counts for hard-pressed local families. That



LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

is why we have frozen council tax again after the budget meeting last week.

At the same time we have protected the frontline services you rely on.

I'm glad the borough organised so many superb events to promote women's achievements and equality during International Women's Week.

A diverse range of activities and exhibitions will continue in venues across the borough throughout March, to celebrate Women's History Month.

Brick Lane is rightly famous for the quality of its restaurants. There will be a great fun event hosted by the council to promote our curry capital on Sunday, March 23.

It will involve celebrity chef Ainsley Harriott sampling some top local dishes. I am looking forward to attending.

Mayor Lutfur Rahman

LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

My diary

Monday, March 10

I listened to inspirational stories about how residents have overcome disabilities to lead full and active lives at the disABILITY Action Day at the Troxy. It was wonderful to hear about residents' experiences. I am very proud of the services we provide and hope residents will access the range of support available to them.

Tuesday, March 11

The Mayor of Tower Hamlets' Charter of Child Rights was launched on Tuesday afternoon. We are delighted to be working with UNICEF UK on this vital project.

Thursday, March 13

I attended the Women's Health and Family Service Volunteer Celebration. The event was organised to recognise the contribution of volunteers and I congratulate them on completing Open College Network certificate in maternity services.

I held my surgery in the evening at the Whitechapel Idea Store where I spoke to residents about their concerns. If you would like to make an appointment with me, please contact my office.

Monday, March 17

On Monday, I will be meeting a delegation from the Tour De France at Hague Primary School in Wilmot Street. There will be a short presentation where the delegation will show off the official Tour trophy and students will have the opportunity to take pictures and see it up close.



Mayor Lutfur Rahman and Cllr Oliur Rahman with some of signatories to the charter

Charter puts children at the heart of services

BY IAN REID

A HOST of organisations has formally pledged to uphold the rights of children and young people in Tower Hamlets.

The Mayor of Tower Hamlets' Charter of Child Rights was launched on Tuesday, March 11, representing a major milestone in the council's partnership with UNICEF UK.

Local youngsters decided which ten articles in the United Nations Convention on the Rights of the Child were most relevant to them.

These were then used to

produce the charter, which organisations that work with children and young people in Tower Hamlets can sign up to.

Mayor Lutfur Rahman, who was the signatory on behalf of the council, said: "The council is delighted to be working with UNICEF UK on this vital project.

"We want Tower Hamlets to be widely known as a child-friendly borough. There is a lot of work to do but, thanks to the young people involved, this charter is a great step forward."

The launch of the charter is the most prominent development in Tower Hamlets' progress as part of the UNICEF

UK Child Rights Partners programme, an initiative that aims to put children's rights at the heart of public services.

Others who signed up at the launch included Bart's Health NHS Trust, the Metropolitan Police, East London Foundation Trust and some of the borough's head teachers.

UNICEF UK director of programmes Teresa Bergin spoke at the launch.

She said: "We believe placing children's rights at the heart of local government will transform services for the better and ensure all children have the same opportunity to flourish."

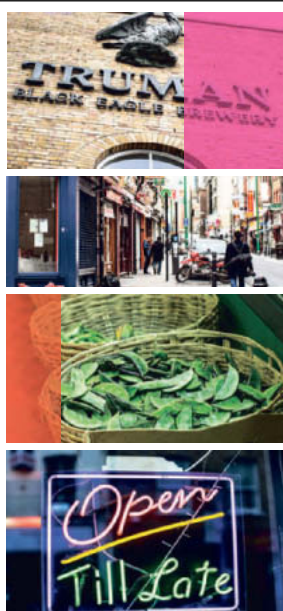
TASTE BRICK LANE

Taste Brick Lane Awards 2014

Turn to page 22 to see the full advert



MAYOR OF TOWER HAMLETS





Take a walk on the spicy side

On Sunday, March 23, from 12 noon to 4pm, Ainsley Harriot will be walking Tower Hamlets' curry mile on a journey to sample signature dishes from some of the area's curry houses.

SEE BELOW

Don't be duped

The council is supporting a campaign aimed at helping residents identify genuine charity collections.

SEE BELOW

News

Food lovers can spice up their life

BY JOHN HOANG

FOOD lovers, get your forks out and join celebrity chef Ainsley Harriott for a celebration of the food, fun and flavours of Brick Lane.

On Sunday, March 23, from 12 noon to 4pm, Ainsley will be walking Tower Hamlets' curry mile on a journey to sample signature dishes from some of the area's best curry houses.

Adding his celebrity spice to the mix, the top three dishes will then be chosen and judged to declare the winner of the Taste Brick Lane Awards 2014.

But the spice trail does not end there – food lovers can take advantage of fantastic discounts

and exclusive deals offered by restaurants on the day, sampling for themselves the great taste of Brick Lane.

Organised by the council, the event is the launch of Taste Brick Lane, a new campaign to promote the street to visitors and tourists as east London's premier attraction for food, fashion, spice and culture.

Food lovers and visitors can get their hands on a free Taste Brick Lane Guide, helping them to take their first steps to discovering the flavours and the fun waiting for them.

Between Chicksand Street and Fournier Street, the event will also be hosting a street party filled with food jugglers, face

painters, dancers and henna artists, offering entertainment and fun for all of the family.

Ainsley Harriott said: "Brick Lane is one of my favourite places, for its great food and its wonderful mix of fashion and culture. If you are looking to spice up your weekend, you must come and join me."

Mayor Lutfur Rahman said: "We are committed to supporting our local businesses and it is my priority to promote our vibrant town centres, markets and unique attractions like Brick Lane.

"I am delighted that Ainsley is coming to our borough in what will be an enjoyable day for food lovers."



CENTENARIAN Henry Abrahams was all smiles as he tasted a slice of his 103rd birthday cake on Thursday, March 6. Community organisation Neighbours in Poplar held a birthday celebration for Henry, who regularly visits the organisation to socialise and chat with other service users. The Bow resident attributes his longevity to eating well and being independent.

Donate charity cash safely

THE council is backing a Home Office campaign to ensure people are not duped into giving money to fraudulent organisations when they donate to charities.

In London, fundraisers require a licence from the police to collect in public places. The Support Charity Not Crime campaign is encouraging people to check that collectors have this.

Collectors should always be willing to show you their permit. On private property a licence is not required, but the collector must have the owner's permission to raise funds.

If you are thinking of putting money into a collection box in a shop, train station or any other private place, there are steps you can take to make sure the organisation you are donating to is legitimate:

■ Genuine fundraising materials should feature the charity's name, registered name and a landline contact number. Be wary of those that list only a mobile number.

■ Before making a donation or accepting a collection tin, check the charity's name and registration number. You can verify this at www.charitycommission.gov.uk

■ Look for the FRSB tick logo indicating the charity is signed up to fundraising regulation, encouraging people to give with confidence.

■ When approached, check whether they have proper ID and any collection tin is sealed.

After making these checks, if you think a collection or appeal is not legitimate, report it to Action Fraud on 0300 123 2040 and inform the Charity Commission.

Cllr Ohid Ahmed, deputy mayor and cabinet member for community safety, said: "It's important for people to be confident the money they give will go to a legitimate cause."

Resident warns others of rubbish thefts

A WAPPING resident is warning others to be careful about disposing of personal information, after she apprehended two men who were going through rubbish bags.

The woman told East End Life she saw two men walking through her street on waste collection day last Thursday,

March 13. She said the men were going through people's rubbish, and that they walked off with a couple of bags.

She said: "They were walking just ahead of the refuse truck. I stopped them to ask what they were doing."

"They said they were from the council. I asked why they were

not wearing industrial jackets or using a council pass. They said they were looking for scrap but when I challenged them, they walked away. I called the police."

A refuse collector from Veolia Environmental Services said he had also seen the men earlier that day and had warned them off.

Free Leadership Classes for Women

Do you want to gain the confidence and skills to be a leader in the community?



This 3 month leadership course will help you to:

- Develop your skills in English, IT and leadership
- Build your confidence
- Become more active in your local community
- Plan, develop and run your own community project

'Lead to Inspire' is a FREE course for newly arrived migrant women who have been in the UK for less than 10 years, do not have a UK or EU passport, and are on a visa leading to settlement.

We are enrolling new participants now! Please call 0207 780 3112 and ask to speak to Jessica or Sarah to find out more about how to register.

Migrant Women's Empowerment and Leadership Project
The Harbour Women's Services
Harford Centre (1st floor above GP surgery)
115 Harford Street | London E1 4FG
Tel: 0207 780 3112
Email: jessica@theharbour.org.uk



Supported by EIF





Shape up with the champions

Try Zumba, swimming, yoga, Pilates, tai chi, boxercise, Bollywood dancing or gardening. If you're interested in getting involved in an activity supported by health champions call Nikki Sehmi, on...

7790 3632

Useful information

Lend a hand to change lives



Some of the new health champion recruits

News from Public Health Tower Hamlets

LOCAL volunteers are experiencing first-hand how giving a few hours of their time each week is having a beneficial effect on other people's lives.

Working throughout the borough, health champions are local people of all ages and backgrounds who are taking the time to give back to the local community.

They know empowerment is a key factor in improving people's health and wellbeing. Drawing on their own life experiences they have helped others realise their potential, achieve their personal goals and lead healthier lives.

As part of the programme, champions receive training in health improvement accredited by the Royal Society for Public Health (RSPH), in conjunction with general health promotion training.

They are present across the community, engaging with locals to provide advice, and contribute to creating supportive networks.

Health champions:

- assist with activities that promote healthy lives in partnership with existing services;
- facilitate access to wider support services, such as debt advice, employment, training and housing;

- promote the wide range of health enhancing services available to residents;
- offer personal support to encourage the adoption of positive health activities including physical activity, healthy eating and stopping smoking;
- recruit residents into the successful health trainer programme.

Twenty newly recruited champions received their level 2 RSPH qualification certificate on Monday, March 10, unleashing a new healthy force.

Rahela Begum, a new champion from Poplar and Limehouse Health and Wellbeing Network, said: "The highlight of being a health champion is being able to interact with the local community and help women with their confidence. "Before I started this programme, I was a very shy person myself, and was lacking in confidence.

"From this experience, I've come out of my shell and enjoy working with women of different ages and backgrounds."

Why not get involved in something new today? Have a go at Zumba, swimming, yoga, Pilates, tai chi, boxercise, Bollywood dancing or gardening, to name but a few.

If you're interested in getting involved in an activity supported by health champions contact Nikki Sehmi, health champions co-ordinator, on 7790 3632, n.sehmi@stifford.org.uk

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration. Bengali speakers, home visits to

house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 8 Heron Quays, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no.

Page no.

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Families with Autism

Spark Centre, Smart Street, E2. 8981 4924 fwautism@btinternet.com

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

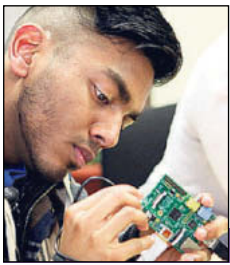
Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



Teaching tomorrow's programmers

Raspberry Pi is a credit-card-sized single-board computer developed in the UK by the Raspberry Pi Foundation to promote the teaching of basic computer science in schools.

SEE BELOW

Princely support

The Prince's Trust offers a range of opportunities including training, business start-up help and mentoring.

WWW.PRINCES-TRUST.ORG.UK

News

Apprentice Kristian is an Olympic winner

BY JESSICA ODUBAYO

THE career successes of apprentices who have helped transform Queen Elizabeth Olympic Park were celebrated as part of National Apprenticeship Week.

More than 60 apprentices played their part in the creation of the park and the London Legacy Corporation has supported 16 of the trainees into permanent employment both on and off the park.

Kristian Galbraith, 21, who lives on the Isle of Dogs, studied electrical installation but found it difficult to get a break in the industry.

He started work as a construction apprentice with BAM Nuttall at the park in January 2013 and secured a permanent job in January this year.

Kristian said: "Doing an apprenticeship has helped me get the break I needed.

"Everyone wants work experience and an apprenticeship gives you that as well as the opportunities for full-time employment, a career and a



Kristian Galbraith

future. I was over the moon to be offered a permanent role.

"I would recommend that anyone else thinking about apprenticeships should jump into it. It's definitely worth it."

Dennis Hone, chief executive of the London Legacy Development Corporation, said: "It's a brilliant legacy of the London 2012 Games that many people from the local area have been able to play a

part in transforming Queen Elizabeth Olympic Park.

"To see their hard work secure them permanent employment is truly inspiring.

"With the Aquatics Centre and Copper Box arena both already open, and the south of the park opening on April 5, we are thrilled that there will be even more opportunities for local people to begin successful careers at the park."

Youngsters learn skills for hospitality industry

ELEVEN young people from Tower Hamlets are ready to work in the hospitality industry, after completing a four-week development programme to gain the qualifications they need to find work in the sector.

Youth charity the Prince's Trust, the council and charitable organisation the Swan Foundation supported the young people on the course, at the Grosvenor House Hotel in central London

They included Kieran Dooley, 21, from Poplar, who gained practical experience and a food safety qualification, and shadowed staff at the hotel.

Kieran said: "The programme has helped me to make a start on my career and gain an insight into the workings of a prestigious hotel. I'm looking really forward to getting stuck in to the hospitality industry now."

The participants will now receive one-to-one support and mentoring from the Prince's Trust for up to six months to

help them find jobs. Dermot Finch, regional director for the south at the trust, said: "With unemployment rates still high in Tower Hamlets, we know the damaging impact joblessness can have on young people and their self-esteem.

"This programme puts our young people in front of industry experts who deliver intensive training and vocational experience that will make all the difference when job-hunting."

For more information, visit princes-trust.org.uk

Computer skills course launched

THE council is running a computer skills training scheme for young people.

The Raspberry Pi project, launched at the Whitechapel Centre on March 3, offers coding training and internships.

According to research by the UK Commission for Employment and Skills, one in five jobs in the UK are unfilled due to skills shortages.

The project is being delivered in association with Workshare, Raspberry Pi and the BCS – Chartered Institute of IT.

Students can enter a competition at the end of the programme to develop their own application, which will then be presented to a panel

of Workshare and industry judges.

The top three students will be awarded a paid internship with Workshare.

The lessons have been developed in conjunction with Dr Andrew Robinson of Manchester University and recruitment social enterprise Resonate, and will be delivered by the council's youth workers and Workshare over five weeks.

The group of 40 recruited from schools, sixth forms, colleges and youth centres around the borough will learn to program the Raspberry Pi – a UK developed single-board computer designed to promote the teaching of basic computer science in schools.



Notice of the London Community Credit Union Annual General Meeting

The 14th AGM will be held at:

St Paul's Way Centre
83 St Paul's Way, Bow, London E3 4AJ

Thursday 3rd April, 2014

Registration begins at 5.30pm and the AGM begins promptly at 6pm.
Refreshments and networking from 5.00pm.

Agenda

- | | |
|--|--------------------------------|
| 01 Reading of notice convening the AGM | 07 Keynote Address |
| 02 Credential Report | 08 Nominating Committee Report |
| 03 Adoption of Standing Orders | 09 Election of Officers |
| 04 Minutes of last AGM | 10 Resolutions |
| 05 Matters Arising | 11 Appointment of Auditors |
| 06 Reports | 12 Adjournment |

020 7729 9218
info@londonccu.co.uk
www.londonccu.co.uk

London Community Credit Union

Bethnal Green 473 Bethnal Green Road, London E2 9QH • **Bow** 570 Roman Road, London E3 5ES • **Poplar** 16 Vesey Path, London E14 6BT • **Hackney** 225, Mare Street, London E8 3QE

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A Specialist Language and Business Enterprise College



INVESTOR IN PEOPLE



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COLLEGES

Highest achieving 6th form in
Tower Hamlets with APS of
747 equivalent to B, B, B

Established, successful and popular
6th form with outstanding facilities

100 % of students who applied
gained entry to university in 2013

Highest number of successful
Oxford & Cambridge University
applicants in Tower Hamlets

SJC offer over 45 A Level &
Vocational Courses

In 2014 556 former students of
Sir John Cass 6th Form College
will attend university in the UK

6th FORM OPEN MORNINGS

10.00 - 10.45am

By appointment only
naomi.quirk@sjcr.net

21 March

4 April

2 May

16 May

6 June

SIR JOHN CASS

www.sjcr6thform.net Stepney Way, London E1 0RH Tel: 020 7790 6712



The motivation of human need

Inventor Emily Cummins says she is “motivated by human need as well as sustainability principles”. She designed a fridge for African townships that runs on dirty water.

WWW.EMILYCUMMINS.CO.UK

A host of countries

Fifty-three countries, from Africa, Asia, the Americas, Europe and the Pacific, make up the Commonwealth.

THECOMMONWEALTH.ORG

Schools news

Challenge day helps to put science on the map

BY JESSICA ODUBAYO

A GIRLS' secondary school in Bow has taken steps to address the gender imbalance in the uptake of science, technology, engineering and mathematics (STEM) subjects by hosting a challenge day.

Students at Central Foundation Girls' School took part in five challenges ranging from bridge-building to forensic analysis techniques.

“They had fun, gained knowledge and worked as part of a team. The day established that STEM careers can be as



Girls at the STEM challenge day

fulfilling as any of the others that our students aspire to,” said head teacher Esther Holland.

With an aim to further the

innovations of young women in science, the school has invited Emily Cummins, an award-winning inventor with a passion

for sustainable designs, to host a second STEM challenge day for students.

Emily's latest innovation is a sustainable fridge which is powered by dirty water but keeps the contents dry, hygienic and cool.

The 26-year-old refined her fridge in African townships before giving away the plans to benefit local people.

As a result of her work, she was named one of the top ten outstanding young people in the world in 2010.

Emily has been invited to visit Central Foundation later this month.

Tower Hamlets flies the Commonwealth flag

STUDENTS from Oaklands School raised one of 500 flags throughout the UK to celebrate Commonwealth Day on Monday, March 10.

The ceremony took place at the Town Hall in Poplar. Cllr Rabina Khan, cabinet member for housing, read the Queen's Commonwealth Day Affirmation.

“Joining together as members of one worldwide Commonwealth community, and valuing the personal dignity and worth of every citizen, we raise this flag as a symbol of the ties of kinship and affinity we cherish,” she said.

“We draw inspiration from our diversity, and the opportunities for working together, as a rich source of wisdom and a powerful influence for good in

the world. We affirm our commitment to upholding the values set out in the Commonwealth Charter, to serving one another in a spirit of respect and understanding, and to advancing development, democracy and cooperation locally, nationally and internationally.”

The theme for the day was #TeamCommonwealth. It celebrates the work the 53 countries in the Commonwealth do to create just and peaceful societies, achieve sustainable and inclusive social progress, advance democracy, and build economic resilience with prosperity in which all citizens can share.

It is also a chance to promote the spirit, friendship and motivation that will be integral to the 2014 Commonwealth Games.

Book Easter childcare now!

The Play Factory is the council's holiday childcare scheme for children aged between 3-13 years

Easter holiday childcare scheme

Monday 7 April – Thursday 17 April 2014

St Matthias School, Bacon Street, London, E2 6DY

For information and bookings call **020 7364 6495**
or email holiday.childcare@towerhamlets.gov.uk

**We are now
accepting children
in years 7 and 8**



Prices per day:

Working parents - £10 for 9.00am to 5.00pm or £14 for 8.00am to 6.00pm

Non-working parents - £4 for 9.00am to 5.00pm

Non Tower Hamlets residents - £25 for 8.00am to 6.00pm

The Play Factory is fully Ofsted registered

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM



Origins in the past tents

The name Tenterground dates from the 17th century when the land was hedged in by weavers' houses and workshops. Weavers would wash and stretch their fabric on wooden 'tenters' to dry.

WWW.SANDYSROW.ORG.UK

History

New projects tell the story of Sandys Row, 150 years after it was founded by Ashkenazi

BY JOHN RENNIE

IT'S no secret that Jewish immigrants have passed through, and settled in, the East End in the hundreds of thousands.

More than two million left Eastern Europe between 1881 and 1914, driven west by poverty and persecution.

By the turn of the century, Spitalfields, Shoreditch and Whitechapel could have been mistaken for the Jewish quarter of a city in Poland or Russia, with synagogues, kosher stores, and the babble of Yiddish among street traders and their customers.

But while the immigrants were united by a common faith and a common language (people from the Netherlands to Latvia, from Hungary to the Ukraine would have had Yiddish as well as their 'national' tongue) it's a mistake to think all were the same type of people, or came for the same reasons.

Jews had been settling in London since the time of the Norman Conquest, and a very particular group began arriving in the early years of Queen Victoria's reign.

The founders of the Sandys Row Synagogue in Spitalfields arrived from the 1840s onwards and were, in modern parlance, 'economic migrants' rather than refugees.

They were Dutch, Ashkenazi Jews, mainly from Amsterdam, and skilled workers – favoured trades were diamond cutting and polishing, cigar manufacture, slipper and cap making.

They correctly anticipated a demand for their skills (often skills that were in short supply or poorly developed in London) and, as so often before, the newcomers had to settle just outside the City 'walls', in the little tangle of narrow Spitalfields streets known as the Tenterground.

In many ways, the new community was as exclusive as the City closed shop that forced them to operate outside the Square Mile.

Their soon-thriving businesses were handed down from father to son, and the community of a thousand or so, with distinctive customs and practices, refused to join any of the area's existing synagogues.

Instead, in 1854, 50 of these Dutch Ashkenazi families formed their own Society for Comfort of the Mourners, Kindness, and Truth (part friendly society, part insurance to make sure members could afford a decent burial, and all in the spirit of Victorian mutualism in those pre-Welfare State days).

They also met for worship, first in a local house, and then, in 1867, with funds raised by the Society, bought an old Huguenot chapel in Sandys Row, which had been abandoned by the now dispersed



The elaborate interior of Sandys Row Synagogue

Rebel synagogue that's rich with living history

weaver community, before passing through a succession of congregations – in turn Universalists, Unitarians and Scottish Baptists. It would become the Dutch settlers' own temple.

The Jewish establishment in London was not happy – surely the newcomers should join one of the established synagogues?

But the Dutch Jews of Spitalfields reasoned that rather than sit in the cheap seats of somebody else's synagogue they would rather have their own, and they paid for it a penny at a time, the levy raised weekly from each family in the community.

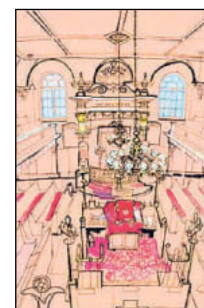
A mortgage was raised on the property, to be paid back to the builder at £70 a year, and Nathan Solomon Joseph, one of the most famous synagogue architects of the time, remodelled the old chapel, carefully retaining many of the original Georgian features, including the balcony and roof. The

“There's a continuous link between those newcomers and people who remember the Blackshirts, the Battle of Cable Street.”

Rachel Lichtenstein

chief rabbi of London, Nathan Marcus Adler, meanwhile, refused to preside over the dedication.

No matter. By 1881, as the real influx of Jews began, Sandys Row had a membership of 460 families, among the



A picture of the interior by Lucinda Rogers

largest congregations in the East End. And since then, it has never closed its doors.

Neither the dwindling local population nor the constant threat of encroaching development from the City has been able to close down Sandys Row.

In 2009 a £250,000 grant from English Heritage saw the roof restored. And in 2013 came a grant just as important in preserving the synagogue.

A community resides as much in its memories, stories, myths and mementoes as in its bricks and mortar. A major grant from the Heritage Lottery Fund would power Our Hidden Histories – an oral history and local community heritage project.

In charge of the project, Rachel Lichtenstein, the polymath writer, historian, archivist, sculptor, teacher and occasional tour guide.

Rachel has a big share in the history of the area. Her Polish-Jewish granddad,



Telling stories at the institute

Rachel Lichtenstein will be in conversation with Phil Maxwell and Hazuan Hashim in Synagogue Stories: An Oral History Project, on March 20 at Bishopsgate Institute. Tickets are £9/£7.

WWW.BISHOPSGATE.ORG.UK

Concert at church

St Barnabas Church, Bethnal Green, is hosting a concert of music inspired by John Betjeman on March 29.

SEE BELOW

History

Jews who shunned existing places of worship

“Our short film comes right up to the present day, but Rachel brought us people who remember the 1930s, who were evacuated during the War.”

Hazuan Hashim

Gedaliah Lichtenstein, had a jewellers and watchmakers on Brick Lane in the 30s.

That was the starting point for On Brick Lane (published by Penguin 2008), a mix of voices from past and present, of poetry, photography and memoirs, with the stories of Jewish jewellers, workers at the former Truman brewery, and of the artists and designers who've recently taken their place.

Her collaboration with psychogeographer Iain Sinclair on Rodinsky's Room (Granta 1999) took her to Poland and Israel, in search of a mysterious figure who had lived, died (and ultimately disappeared from) the disused synagogue in Princelet Street.

Her multimedia way of working is the perfect way of capturing Sandys Row.

She said: “A lot of the archive material at the synagogue is fragile – photographs and documents.

“They have been moved to the Bishopsgate Institute's archive, where they can be properly looked after.

“But it's a delight to handle them, to smell them – the texture, the smell of the dust.”

Working alongside Rachel is a team of volunteers she has trained, who have been capturing the stories of the Sandys Row congregation.

She added: “Some are in their nineties and have powerful memories of Brick Lane of the 1930s.

“But there are new members too. A few years ago you might have feared the Jewish population in this area was disappearing, but of course people are moving back now and membership at Sandys Row is being revived.

“There's a continuous link between those newcomers and people who remember the Blackshirts, the Battle of Cable Street, people still connected with Sandys Row.”

Some of the interviews by the team on Our Hidden Histories Project are being captured on film by East End photography and documentary team Phil Maxwell and Hazuan Hashim. Phil has lived in the area since he moved down from Liverpool, 33 years ago, to a Hanbury Street council flat where he lives to this day.



Artefacts have been preserved at the Bishopsgate Institute



The synagogue's door is still open

“He's lived here for ever,” laughs Hazuan. “I'm just a newcomer... I've only been here 16 years.”

For Hazuan, who journeyed from Malaysia to study mechanical engineering at Queen Mary, fell in love with the area and stayed, it has been an education.

He said: “Our short film comes right up to the present day, but Rachel brought us people who remember the 1930s, who were evacuated during the War.

“One of them is Harry Gilbert. Born in Spitalfields in 1930, brought up in Rothschild Dwellings, barmitzvah'd and married in the synagogue.

“I feel like I've had a crash PhD in the history of the East End.”

Living, growing history though, not frozen in aspic or preserved behind glass.

And brought to life with a conversation between Rachel, Phil and Hazuan at the Bishopsgate Institute this week, followed by a showing of the film.

The 150-year story of the Sandys Row Synagogue (and its 100-year prehistory) goes on. If you have any memories or images of Sandys Row Synagogue, go along and join in the conversation.

Synagogue Stories is sponsored by the Heritage Lottery Fund. Visit www.rachellichtenstein.com for more information.

100s celebrate Purim festival

COMMUNITY groups, elderly residents, including members of Stepney Jewish Day centre, and school children were among more than 500 guests who attended a celebration hosted by Canary Wharf Group, to mark the Jewish festival of Purim.

Some guests arrived in vibrant colours and fancy dress, as is a tradition of the festival, which featured live music, a buffet lunch, and performances.

Employees working for companies across the Canary Wharf estate were also invited to the celebration on Tuesday, March 11.

Purim is told in the Book of Esther,

which is read from a scroll called a Megillah. It tells the story of an evil man who tried to destroy the Jews.

Customs include eating small pastries filled with poppy seeds and sending gifts of food to those in need.

In addition to the event, Canary Wharf Group arranged for gift packages of food to be delivered to community groups, distributed by schoolchildren.

Danny Seliger, from Canary Wharf Group plc, said: “The celebration of Purim at Canary Wharf is part of our tradition of celebrating a range of religious festivals. Purim is a great opportunity to continue our relationship with local community groups.”



More than 500 people enjoyed food and music at the event

Betjeman inspiration for church fund-raiser

ST Barnabas Church, Bethnal Green, is hosting a concert featuring music inspired by John Betjeman as well as songs from musicals, to raise funds.

The event on Saturday, March 29, will feature Betjeman's poems and music influenced by him, alongside show tunes from Kiss me Kate, My Fair Lady, The King and I and West Side Story.

Mandy Griffin, a professional singer and teacher, and the Reverend Canon Michael Hempel, who is responsible for music at St Paul's Cathedral, will perform the songs and poems.

They will be accompanied on piano by

Alison Wells, a professional musician and teacher.

Money raised on the night will go towards refurbishing the church, which needs rewiring and improved lighting.

St Barnabas is also in need of complete redecoration, as it was last painted about 30 years ago.

The work could cost up to £50,000 and, although some funding has been secured, more desperately needs to be raised.

The evening starts at 7.30pm and costs £8 on the door, or £5 concessions. There will be refreshments and a raffle, with all proceeds going to St Barnabas.

Tickets will be available on the door.

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, March 18

7pm: Audit committee

Business includes a report on how the external auditor will deliver financial statements; audit work for the council and the council's pension fund; and the auditor's approach to value for money. The meeting will receive a report summarising the results of work on the certification of the council's 2012/13 grant claims and returns. It will consider an anti-fraud strategy and plan. For further information call Antonella Burgio on 7364 4881 or email antonella.burgio@towerhamlets.gov.uk

7.30pm: Standards (advisory) committee.

Business includes the consideration of reports on the code of conduct for members; and complaints and investigation monitoring. For further information call Angus Taylor on 7364 4333 or email angus.taylor@towerhamlets.gov.uk

Wednesday, March 19

6pm: Extraordinary licensing sub committee.

The meeting will consider applications for a new premises licence for 489 Hackney Road, Bethnal Green; and an application for a time limited premises licence for Oktoberfest 2014, Millwall Park (off East Ferry Road, Isle of Dogs).

For further information call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

6.30pm: King George's Field charity board

For further information call Evelyn Akoto on 7364 4207 or email evelyn.akoto@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

The Government is changing benefits

Prepare and act now

The Government is changing the benefit system as part of its plans for welfare reform. If you are claiming benefits, you may be affected. Households who are not in work or have low income could be affected. The impact of these changes could be severe and some households may be unable to afford their current housing costs.

Tower Hamlets Council will be providing a range of support to help you prepare for these changes. For more information about the changes visit the government website www.gov.uk or call our helpline on 0800 800 7000, or telephone 0207 556 8000.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Smokefree scheme wins



BY SARAH MCLAUGHLIN

LOCAL businesses have been recognised for signing up to a smokefree scheme which aims to make Tower Hamlets a healthier place to live and work.

The latest round of the Smoke-free Business Awards, run by the council, took place on March 7 at the Town Hall. Twenty three businesses were celebrated for their commitment to providing Smokefree initiatives to staff.

The borough-wide scheme rewards employers who implement effective workplace smoke-free policies to reduce smoking and improve the health and well-being of their workforce.

Winners (pictured) were: Al-lens Pharmacy, Chrischem Pharmacy UK Ltd, Cushman & Wakefield – Exchange Towers, Westex Ltd, Salvation Army – Booth House, Bow Pharmacy, The Whitechapel Dental Centre, Bestway Cash & Carry, Bell Pharmacy, Day Lewis Pharma-

cy, Gateway Housing Association, Land Securities, Boots the Chemist [Canada Square], The Highway Business Park [Workspace Group], Poplar Business Park [Workspace Group], Hurwundeki, Ghandi Oriental Foods, S P Brown & Co Ltd, Lidl Stores, Limehouse, Howdens Joiner Co, Royal Mail – Docklands Delivery Office, Partnering Contractors and BBMV C512 Whitechapel site.

For details call 7364 5008 or email healthandsafety@towerhamlets.gov.uk

Planning

E1 **Former Beagle House, now known as Maersk House, Braham Street** – demolition of existing building and construction of 24-storey, mixed-use development comprising 1,287sqm of retail/commercial space at ground floor and 1st floor level with residential accommodation to provide 320 flats between the 2nd and 24th floors, two basement levels with associated car parking, landscaping, plant accommodation, access arrangements and incidental works.

181 Cannon Street Road – proposed change of use from A3 (ground floor) and B1 (upper floors) to D1 education centre.

69-89 Mile End Road and 10 Cleveland Way – change of use at second floor from conference/banqueting venue to office.

E2 **Land on the corner of Quaker Street and Wheler Street** – use of vacant and disused land for car wash and valeting business.

295 Bethnal Green Road – change of use from restaurant to office use, including changes to internal layout.

48 Redchurch Street – replacement shopfront including signage. Two blade signs, one vertical and one horizontal, plus door handle sign.

E3 **104 Antill Road** – Two storey extension to rear to replace existing single storey bathroom/wc block. Single storey rear infill extension. Chimney located to the rear.

E14 **2 Bering Square** – conversion of garage to habitable room including installation of window.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

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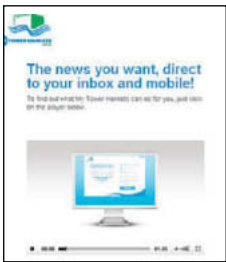
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Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Search the archives

If you are interested in a building or tracing your ancestors, why not visit Tower Hamlets Local History Library?

WWW.TOWERHAMLETS.GOV.UK

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364
5015
Healthline – 7364 5016

General enquiries

For other council enquiries call
7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3)
– 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you need to contact, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these
24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress,
there is an emergency or if
anyone is in immediate
danger dial 999.

The council's domestic
violence team can provide
information, signposting and
referrals to local services.
Bengali speakers available

0800 279 5434 (office hours)
**24-hour domestic violence
national helpline**

0808 2000 247
**Haven Whitechapel (sexual
assault referral centre)**

7247 4787
**Karma Nirvana (Honour
Network Helpline)**

0800 5999 247
**Broken Rainbow
(LGBT domestic violence)**
0845 260 4460
**Black Women's Health
& Family Support**
8980 3503
Rights of Women

(legal advice)
7251 6577

Victim Support Line
0845 30 30 900
**Victim Support Tower
Hamlets**

8555 8254
**NSPCC Child Protection
Helpline**
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

**Reunite (advice about
child abduction)**

0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090

**Tower Hamlets Mediation
Service offers confidential
and impartial advice with
neighbour conflict**
Free service for council tenants
and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead,
off Bethnal Green Road, E2
Bow & North Poplar – John
Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market
Square, Chrisp Street, E14
Stepney & Wapping –
Idea Store Watney Market,
260 Commercial Road, E1.
**Open Mon-Fri, 9am, doors
close at 4.30pm. Sat, 9am,
doors close 12.30pm at
Rushmead and Idea Store
Watney Market only.**

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill
Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel
Road, E1. 7364 4332
Watney Market –
Commercial E1. 7364 4332
All open: Mon to Thurs,
9am-9pm; Fri, 9am-6pm;
Sat, 9am-5pm. Sundays –
Bow and Chrisp Street
open, 10am-4pm;
Whitechapel, 11am-5pm; and
Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge
Heath Road, E2. 8980 3902
Cubitt Town – Strattondale
Street, E14. 7987 3152
All open: Mon, Tues, Weds
& Fri, 10am-6pm; Thurs,
10am-8pm; Sat, 9am-5pm.
**Local History Library and
Archives** – 277 Bancroft Road,
E1. Open Tues, 10am-5pm;
Weds, 9am-5pm; Thurs,
9am-8pm; Sat (1st & 3rd of
the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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Contact 07958 742 089

Missing Cat

Have you seen our cat
in the E1 area? She is
white with a few
brown/ginger markings
on her head and tail.
Please contact us on
07425 843745/
07540 838549

Treasure Hunt
Solve cryptic clues as you find your way around the
fascinating hidden parts of the St. Paul's area.
Prizes to be won for the top scoring team!
When: Saturday March 22nd
Where: Around the St Paul's area of London.
Start: From 11.15am at St Paul's Tube station to collect your Treasure Hunt Pack
End: 4pm at the Centre Page Pub (29-33 Knightrider Street, EC4V 5BH) for the answers &
prize giving
Cost: £7.50 per person
Teams: Maximum of 6 people per team. Final date for entering a team is Wed 19th March
Everyone welcome so please invite family and friends. Children can join - a small donation welcomed
**Please email maddie_formoy@yahoo.co.uk to register your team & to receive
full details.**
All money raised will be donated to Ability Bow.
www.abilitybow.co.uk
<http://uk.virginmoneygiving.com/MadeleineFormoy>



Harmony

Siyaasinta Somalida ee facayaasha cusub

Search for a new generation of Somali leaders

HAWLGALKA sanduuqa komishanka Yurub ee maalgelinta dadka madawga ah, wuxuu mabsuud ka yahay in daah furo barnaamij lagu kobcinayo in Tower Hamlets laga helo hogaamiyayaal Somaliyeed mustaqbalka.

Ujeedada mashruucani waa in uu waajaho ka maqnaanshaha qofeed ee Soomalida heerarka iyo goobaha nolosha dadweynaha.

Hawgalada Codka Dadweynaha madawga ah wuxuu xulanayaa ilaa 50 qof oo firfircoon oo Somaliyeed oo 18 jir ah iyo wixii ka weyn oo si toogan doonaya in uga qayb qaataan waxtarka bulshadooda. Shakhsi waliba wuxuu ka qayb qaadanayaa tabaro isku dhafan oo ku jahaysan afar qaybood oo nolosha dadweynaha ah sida

Waxbarashada, siyaasad, cadaalada iyo waaxyaha tabaruca iyo arrimaha bulshada.

Mashruucu wuxuu ku aadanaa doonaa in la siiyo ka qaybgalayaasha aqoorta door-ka iyo xilalka maamul dugsiiy-eedka, hay'adaha iyo kooxaha badbadada neybarhoodhka. Ujeedad mashruucu waan in markay dhammaystaan waxbarashada hogaamiyaya-ashani ku mashquulaan nolosha dadweynaha oo mashruucu u diyaariyaa hawshaa.

Francine Fernandes, Ku xigeenka agaasimaha Ayaa yidhi: "Bulshada somalidu waxtar bay geysteen oo ka mid ahaayeen mujtama Britishka tan iyo 1800. Sidaa daraadeed waa in habadooda loo fursad loo siiyaa in ay siyaasada loo si ay bulshada oo dhan u anfacaan.

Waxaa isaguna halkaa, hadal ka jeediyey Cumar Cali oo ka qalin jebiyey OBV, taariikhna reebasy, oo noqday kawnsularkii ugu horeeyey ee Walashka.

Wuxuu yidhi: "Mar walba dadku siyaasada way dareensan yihiin, laakiin waxaa ka maqan in ay gartaan sida loogaga dhabeeyo. OBV waxay I sii fursad ah in aan fahmo siday dimoqraadiyadu u shaqayso, islamarkaana waxaan rajaynayaa in doorashadadii diirgeliso kuwa kale, gaar ahaan dhallinyrada in ay tartanto xil islamarkaana ku dhiiradaan in ay talo ku yeeshaan, go'aamada siyaasad ee goboladooda."

Fadlan kala xidhiidh OBV, telefoonka 8983 5426 faafaahin dheeraad ah iyo araajida amma: www.obv.org.uk Email: civicleaders@obv.org.uk

Miisaniyada sannadkan 2014/2015

CASHUURTA kawnsulka, afar sannadood oo isdab jog ah ayaa la ceejinayaa, adeegyada ma dhaafaanka ahna waa la ilaalinayaa, sida ku cad soo jeedinta miisaniyad maayarka ee sannadka 2014/15.

Soo jeedimuhu oo ka mid yihiin in Tawn Halka loo raro Whitechapel iyo in la sii wado guri ku daryeelka waa la gudbiyey iyada oo aan

Budget for 2014/2015 – issue 1,000

waxba laga bedelin.

Haddaba todobaad ka hor, kulam uu kawnsulku iskugu yimid waxaa la isku raacay in isbedelo uu kooxda xusbiga shaqaaluhu ku sameeyey hadhida dugsiiyada ee carruurta, lagu diidey maallintii khamiista, Maarij 6.

Meeyar Lutfur Rahman ayaa yidhi: "Miisaniyadani way isku dheelitiran tahay. Xusbiga toodu iskuma dheelitiray, waxay dib

riixayeen, rarida Tawn Hallka ee Whitechapel, iyada oo halkani nagu fadhida £14 oo milyan sannadkii."

Cllr Carlo oo ka tirsan xusbiga Labourka ayaa yidhi: "Aad baanuu uga xun nahay in meeyarku doorbiday in uu is hortaa go'aamiyadadii kooxda xusbiga Labourka oo si buuxda u qorshaysay in dugsii hoose la siiyo hadhimo lacag la'aan ah."

Axdiga cusub ee carruurta naafada ah

GUDDIGA caafimaadka iyo fayodhawrka ayaa qalinka ku duugey jaartarka horumarinta nolosha carruurta naafada ah, dhallinyarada iyo qoysaskooda.

Horumarin ayaa lagu sameeyey jaartarka carruurta naafada aha guddiga caafimaadka iyo fayodhawrka.

Disabled Children's Charter

Qalin ku duugista jaartarku oo ah bartinarshibka kawnsulka adeega caafimaadka wuxuu wacad ku qaadayaa todob arri-mood oo ka mid yihiin.

Daryeelka carruurta naafada ah iyo waliidiintooda, qorsha loo dejiyo oo bartinarisku fuliyaan, in judha hore la galo markuu

carrurnimada ku gudbayo ee uu gudbayo adeega dadka waaweyn.

Kawnsulka waxaa dhawaan loo aqoonsaday hawshoodii midaynta horumarinta adeega nolosha carruurta iyo qoysaskooda oo ay lib ka soo hooyeen.

Charityti संगठनगुलोकें सहयोगिता करून अपराधीदें नय

Make sure your donations go to a good cause – page 7

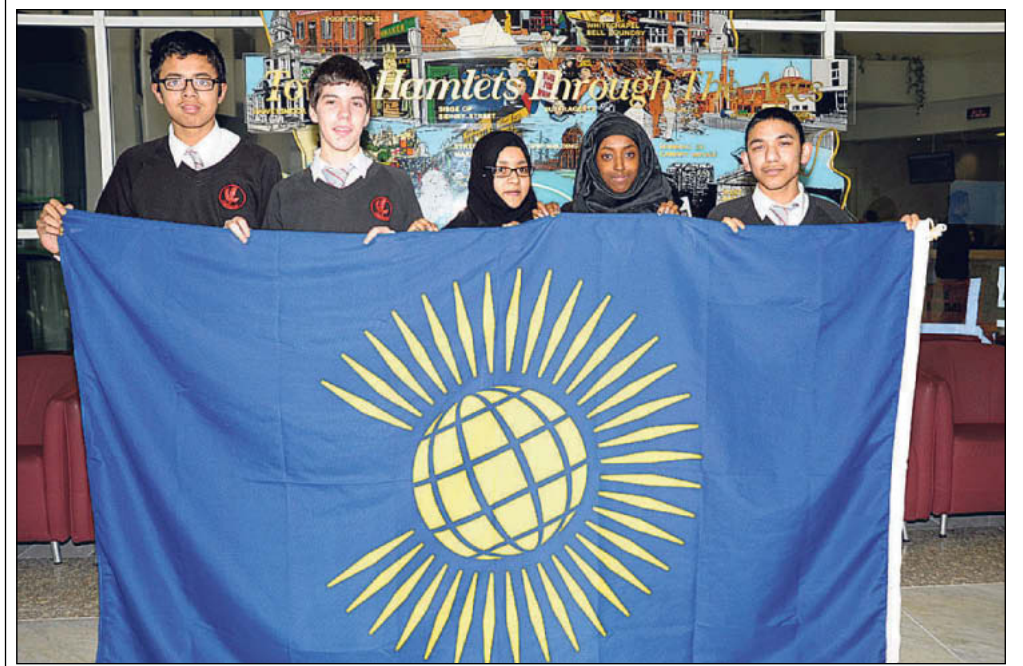
Charityti Dhaneshener byaparee Taogyar hamletts kaupill panyan ladan hom afis kyaampain: saport charityti nait kraitim er karmsootike samarn kareche. Ei kyaampainer lanky hache charityti karmsootike samarn kara kintu arth anudan diye pratark charkke সহযোগিতা না করা।

ladan anudan sangh karte hle pulisher nikit theke anumtipat ehan karte h- b saport charityti nait kraitim kyaampainer lanky hle yara anudan sangh karte taderer anumtipat aache ki na ta deche nishit huye dan kara. dan sanghakarider abshai taderer shdyage taderer anumtipat dekhate hbe.

praitet prapartite laihess er prayojan hbe na, tbe dan sanghakarider maliker anumti ehan karte hbe. apani yadi dokane, ttein stshane ataba anyakon

praitet prapartite raxa dan bange arth dite chan tahle charityti sangathanir satyata yach- iyerer janye apnake yesab padkshp nite hbe tahle: charitytir name prkut shantareijing meteryalass thakte hbe ewang nam rejistard thakte hbe thakte hbe telifonener lyaad lahin. mbaill nsher diye aneke kaj sere felle. arth dan karar age ba dan bange ehan karar age charitytir nam, rejistard nam, lyaad lahin kntast nsher deche - www.charitycommssion.gov.uk - ei oyebasait theke er satyata yach- i kare neyarer janye anurodh kara huyeche. - ei ois- tik lango thakle boeba yabe charityti sangathanir fadya reijing rengleshen a shakr pradnan karechen. jannanake ashw pradnaner janye - www.frsb.org.uk - ei oyebas- ite prayojniiy tthy paoya yabe.

yhan kon dan sanghakar apnara kache arth chaitbe tshan taderer parichy pat o tin sil kara aache ki na deche neben idpar- shlohit yachai bachei sheshe apani yadi mane karen charityti sangathanir asaln nait tahle charityti karnisher eryakshan shude riport karar janye ei nshere fohan karar janye anurodh kara huyeche 0300 123 2080 karmidinir sefati er kebirent meshar deputi meyar kaupill ohid আহমদ বলেন, "এটি অত্যন্ত গুরুত্বপূর্ণ বিষয় যে যারা দান করতে আগ্রহী তাদের কে নিশ্চিত হতে হবে তাদের দানের অর্থ কোথায় কোন ভাল কাজে ব্যয় হবে। এই ক্যাম্পেইন আসল চ্যারিটিগুলোকে সহযোগিতা করবে যারা মূল্যবান অর্থ সংগ্রহ করে স্থানীয় এবং বৈশ্বিক দাতব্য কাজে সংশ্লিষ্ট রয়েছে। যারা চ্যারিটি সংগঠনগুলোকে দান করতে চান তাদের নিকট থেকেও অব্যাহত সমর্থন পেতে থাকবেন।



Year 9 Oaklands students Hodan Ahmed, Jannaht Al-Anjum, Yusuf Miah, Bernado Silva and Ishfaquel Miah

কমনওয়েলথ দিবস ২০১৪ পালিত

গত ১০ই মার্চ যুক্তরাজ্য জুড়ে পালিত হয়েছে কমনওয়েলথ দিবস ২০১৪, যুক্তরাজ্য চ্যানেল আইল্যান্ড, ও আইল অফ ম্যান-এ ৫শত পতাকা উত্তোলনের সাথে টাউন হলে ওকল্যান্ড স্কুলের ছাত্র-ছাত্রীরা পতাকা উত্তোলন করে।

কমনওয়েলথ প্রধান রানি দ্বিতীয় এলিজাবেথ ওয়েস্টমিস্টার এ্যাবিতে এক সর্বধর্মীয় সমাবে- শে কমনওয়েলথ পতাকা উত্তোলন করেন।

টাওয়ার হ্যামলেটস কাউন্সিলের পক্ষ থেকে টাউন হলে হাউজিং বিষয়ক কেবিনেট মেম্বর কাউন্সিলর রাবিনা খান ভাবগম্বীর পরিবেশে দিন- টি পালন উপলক্ষে পতাকা উত্তোলন করেন।

এ ব্যাপারে মন্তব্য করতে গিয়ে তিনি বলেন, "কমনওয়েলথের বিশ্বব্যাপি ছড়িয়ে ছিটিয়ে থাকা দেশগুলোর সাথে যোগ দিয়ে দেশগুলোর প্রত্যেকটি নাগরিকদের মর্যাদা কে

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মূল্যায়ন করছি, আমরা যে ভ্রাতৃত্ব ও সৌহার্দ্য লালন করি এর প্রতীক হিসাবে আমরা এই পতাকা উত্তোলন করছি।

"আমরা বিবর্তনের মাধ্যমে অনুপ্রেরনার মাধ্য- মে একবদ্ধ ভাবে কাজ করার সুযোগ ও পেয়েছি। জ্ঞান সমৃদ্ধ উৎস ও ক্ষমতার শক্তিশালি প্রভাব বিশ্বের ভালর জন্যে কাজ করবে।

"কমনওয়েলথ সনদ অনুযায়ী যে মূল্যবোধ প্রতিষ্ঠিত করা হয়েছে আমরা তা অনুসরণ করতে দৃঢ় প্রতিজ্ঞ। স্থানীয়, জাতীয় ও আন্তর্জাতিক ভাবে একে অন্যের প্রতি শ্রদ্ধা পোষন করে সাহায্য করার মাধ্যমে উন্নয়নকে ত্বরান্বিত করে গণতন্ত্রকে সমন্বিত রাখতে হবে।"

এ বছরের কমনওয়েলথ দিবসের থিম হচ্ছে,

৫০টি দেশে শান্তিপূর্ণ পরিবেশ সৃষ্টি করার লক্ষ্যে যে কর্মদ্যোগ চলছে তা সংঘবদ্ধ ভাবে স্থায়ী ভাবে এগিয়ে নেয়া। যার মাধ্যমে সামাজিক অগ্রগতি, অগ্রসর গণতন্ত্র এবং অর্থনৈতিক ভিত্তি নির্মান করতে হবে যা প্রত্যেকটি নাগরিক ভোগ করতে পারবে।

২০১৪ সালের কমনওয়েলথ গেমস কে সামনে রেখে বন্ধুত্ব, প্রেরনা ও টিম স্পিরিট গড়ে তোল- ার সুযোগ সৃষ্টি হয়েছে।

টাওয়ার হ্যামলেটসের মেয়র লুথফুর রহম- ান বলেন, "কমনওয়েলথ সনদে বিবর্তন, পারস্পরিক সম্মান, বোঝাপড়া, অংশী- দারিত্ব, ইত্যাদি যা রয়েছে তা ওয়ান টাওয়ার হ্যামলেটসের বৈশিষ্ট্য এ রয়েছে।



চার্টার অফ চাইল্ড রাইট এর উদ্বোধন

টাওয়ার হ্যামলেটসের শিশু ও তরুণদের অধিকার উর্ধ্বে তুলে ধরার লক্ষ্যে প্রধান কয়েকটি সংগঠন আনুষ্ঠানিক ভাবে তাদের অঙ্গীকার ব্যক্ত করেছে। টাওয়ার হ্যামলেটস মেয়র'স চার্টার অফ চাইল্ড রাইট আনুষ্ঠানিক ভাবে উদ্বোধন করা হয়েছে গত ১১ ই মার্চ।

CHILDREN'S CHARTER LAUNCHED

Harmony

শিশু অধিকার বিষয়ক সনদ স্বাক্ষর করলেন মেয়র লুৎফুর



The Mayor signs the Child Rights Charter

Launch of Child Rights Charter – page 6

টাওয়ার হ্যামলেটসের শিশু ও তরুণদের অধিকার উর্ধ্বে তুলে ধরার লক্ষ্যে প্রধান কয়েকটি সংগঠন আনুষ্ঠানিক ভাবে তাদের অঙ্গীকার ব্যক্ত করেছে।

টাওয়ার হ্যামলেটস মেয়র'স চার্টার অফ চাইল্ড রাইট আনুষ্ঠানিক ভাবে উদ্বোধন করা হয়েছে গত ১১ ই মার্চ। বিশ্বের নেতৃস্থানীয় শিশু সংগঠন ইউনিসেফ ইউকে -এর সাথে টাওয়ার হ্যামলেটস কাউন্সিল এর এই অংশীদারিত্বমূলক চুক্তি একটি মাইল ফলক হিসাবে চিহ্নিত হয়ে থাকবে।

স্থানীয় শিশু ও তরুণ সমাজ জাতিসংঘের কনভেনশনের কোন ১০টি আর্টিকেল তাদের অধিকারের ব্যাপারে সামঞ্জস্যপূর্ণ এ ব্যাপারে সিদ্ধান্ত নিয়েছে।

এই সব বিধি সনদ প্রণয়নের ব্যাপারে অন্তর্ভুক্ত করা হয়েছে, যেসব সংগঠন শিশু ও তরুণ সমাজের সাথে কাজ করে তারা এই সনদের অঙ্গীকারপত্র স্বাক্ষর করবে।

যেসব সংগঠন এই অঙ্গীকারনামায় স্বাক্ষর করবে তারা জাতিসংঘের শর্তগুলো মেনে চলবে এবং স্থানীয় শিশু ও তরুণ সমাজের কাঙ্ক্ষিত ১০টি শর্ত নজরে রাখবে।

কাউন্সিলের পক্ষ থেকে স্বাক্ষরদাতা টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেছেন, “টাওয়ার হ্যামলেটস কাউন্সিল ইউনিসেফ ইউকে-এর এই বৃহৎ প্রকল্পের সাথে কাজ করার সুযোগ পেয়ে অত্যন্ত আনন্দিত।

“আমরা চাই টাওয়ার হ্যামলেটস শিশু-বান্ধব বারী হিসাবে বৃহত্তর পরিসরে পরিচিতি লাভ করুক। এই ব্যাপারে আরো অনেক কাজ করতে

হবে তবে তরুণরা ইতোমধ্যে যে কাজ করেছেন এ জন্যে তাদের ধন্যবাদ জানাই। এই সনদ অগ্রগতির এক বৃহৎ ধাপ।”

এই সনদের উদ্বোধনের মাধ্যমে টাওয়ার হ্যামলেটস প্রথম স্বাক্ষরকারি বারী হিসাবে তার স্থান দখল করলো। অন্যান্য যেসব জাতীয় সংস্থা স্বাক্ষর করেছে তারা হল এনএইচএস ট্রাস্ট, দি মেট্রোপলিটান পুলিশ, ইস্ট লন্ডন ফাউন্ডেশন ট্রাস্ট এবং বারী কিছু প্রধান শিক্ষক।

উদ্বোধনি অনুষ্ঠানে শিশু অধিকার নিয়ে তরুণদের বক্তব্য সম্বলিত একটি ভিডিও চিত্র প্রদর্শিত হয়।

ইউনিসেফ ইউকে এর ডিরেক্টর অফ প্রোগ্রাম টেরেসা বার্জেন উদ্বোধনি অনুষ্ঠানে বক্তব্য রাখতে গিয়ে বলেন, “আমরা ইউনিসেফ ইউকে এর চাইল্ড রাইটস পার্টনার্স প্রোগ্রাম ও টাওয়ার হ্যামলেটস এক সাথে কাজ করতে পেরে অত্যন্ত আনন্দিত। কাউন্সিল যে বিশেষ পদক্ষেপ গ্রহণ করেছে এটা অবলোকন করে আমরা গ্রীত অনুভব করছি।

“প্রতিটি শিশু বিকশিত হওয়ার লক্ষ্যে স্থানীয় সরকার শিশু অধিকারকে কেন্দ্রে স্থাপন করে তাদের জন্যে সেবা ব্যবস্থা চালু রাখবে আমরা এই বিশ্বাস লালন করি। টাওয়ার হ্যামলেটসের শিশুদের জন্যে এই সনদ উচ্চাকাঙ্ক্ষী পদক্ষেপ হিসাবে প্রস্তর স্তম্ভ হিসাবে অগ্রসর হবে।”

এই সনদে স্বাক্ষরকারিদের জন্যে রয়েছে সুদৃঢ় পোস্টার যা তারা তাদের ভবনের দেয়ালে লাগিয়ে রাখতে পারবেন যাতে জনসাধারন শিশু অধিকার সম্পর্কে অঙ্গীকার সমূহ দেখতে পাবেন।

শিশু অধিকার নিয়ে কাজ করছে কাউন্সিল যতদূর বেশি সম্ভব এই সব সংগঠনগুলোকে এই সনদে স্বাক্ষর করার জন্যে উৎসাহিত করবে। চিলড্রেন, স্কুল এন্ড ফ্যামিলিজ সার্ভিসের কেবিনেট মেম্বর কাউন্সিলর ওলিউর রহমান বলেন, “যেসব পেশাজীবী তরুণ ও শিশুদের সাথে

কাজ করেন তাদের শিশু অধিকারকে তাদের মানসে অগ্রাধিকার দিতে হবে। এই সনদ এ ব্যাপারটিকে সুনিশ্চিত করবে।”

টাওয়ার হ্যামলেটসের পুলিশের বারী কমান্ডার ডেইভ স্ট্রিংহার বলেন, “আলোচনার মাধ্যমে এই সনদ প্রণয়ন করা হয়েছে এবং স্থানীয় শিশুদের কে জড়িত করে টাওয়ার হ্যামলেটসের তরুণ ও শিশুদের সেবা প্রদান উন্নত করার লক্ষ্য রয়েছে।”

ইউনিসেফের চাইল্ড রাইট পার্টনার্স প্রোগ্রামে টাওয়ার হ্যামলেটস ছয়টি লকেল অথরিটির মধ্যে অন্যতম একটি স্বাক্ষরকারি লকেল অথরিটি।

এই প্রোগ্রামের অংশ হিসাবে প্রত্যেকটি কাউন্সিল একটি পাইলট প্রজেক্ট পরিচালনা করেছে। টাওয়ার হ্যামলেটস লকেল চিলড্রেন এন্ড ফ্যামিলিজ পার্টনারশীপের সাথে একটি প্রকল্প হাতে নিয়েছিল। এই সংগঠনের সাথে শিশু ও তরুণদের জন্যে সেবা প্রদানকারি ফোরাম ও এজেন্সিগুলো সংশ্লিষ্ট রয়েছে।

টাওয়ার হ্যামলেটস মেয়রের চার্টার অফ চাইল্ড রাইটস টাওয়ার হ্যামলেটস প্রজেক্টে যা অন্তর্ভুক্ত রয়েছে তা হল: যেসব সেবা প্রদানকারি সাবস-টেন্স মিসইউজ ট্রিটমেন্ট সার্ভিস দেয়ার জন্যে বিড করেছেন তাদেরকে সেবা প্রদানে শিশু অধিকার কি ভাবে রক্ষিত হবে এ ব্যাপারটি প্রদর্শন করতে হবে।

ইয়ং কমিশনারদের নিয়ে একটি গ্রুপ গঠন করা হয়েছে। এদেরকে শিশু অধিকার সম্পর্কে প্রশিক্ষণ দেয়া হয় এবং সনদ প্রণয়নে তারা ভূমিকা পালন করেন। তারা সফল সাবসটেন্স মিসইউজ-এর ব্যাপারে যারা বিড করেছেন তাদের মধ্যে সফল বিডারদের ব্যাপারে অবহিত করেন।

ইয়ুথ অপারচুনিটি ফান্ডের জন্যে যারা আবেদন করবেন তাদেরকে শিশু অধিকার রক্ষার ব্যাপারে একাধিক বিষয় অন্তর্ভুক্ত করতে হবে। যার ফলে তাদের অনুদানের আবেদন বিবেচনা করার জন্যে আনা হবে।

News in brief

বয়স্কদের প্রতি অন্যায় আচরন চিহ্নিত করার আহ্বান

সমাজে সকলেরই ভয় ভীতি শংকার উর্ধ্বে উঠে বসবাস করার অধিকার রয়েছে টাওয়ার হ্যামলেটস সেইফ গার্ডিং এডাল্টস বোর্ড বাসিন্দাদের কে দুর্ব্যবহার চিহ্নিত করার উপায় জানার পথ বাতলাতে চায়।

এই ধরনের দুর্ব্যবহারের ব্যাপারটি কি করে সংঘটিত হয় এ সম্পর্কে ভাল বোঝাপড়া থাকতে হবে এবং তা কি ভাবে রিপোর্ট করতে হবে, ভঙ্গুর বয়স্ক বাসিন্দাদের আঘাত থেকে রক্ষা করার জন্যে সমাজ যাতে ঐক্যবদ্ধ ভাবে কাজ করতে পারে।

টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, “কাউন্সিল তার প্রদত্ত সেবার মাধ্যমে ভঙ্গুর বাসিন্দাদের রক্ষা করার প্রয়াস নিয়েছে। কোন বাসিন্দা যদি ঝুঁকির মধ্যে থাকেন তাহলে কাউন্সিল এবং তার অংশীদার সংস্থাগুলো যৌথভাবে কাজ করছে তা চিহ্নিত করার জন্যে। তবে এই দুর্ব্যবহার চিহ্নিত করার ব্যাপারে সবাই অবহিত থাকাটা গুরুত্বপূর্ণ।”

হেলথ এন্ড ওয়েলবিয়িং এর কেবিনেট মেম্বর কাউন্সিলর আব্দুল আসাদ বলেন, “কারো প্রতি দুর্ব্যবহার হচ্ছে এটি যদি আপনার গোচরে

ঐকতান

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7364 4944

আসে তাহলে এ ব্যাপারটি কর্তৃপক্ষের গোচরে আনার জন্যে আপনার কাছে অনুরোধ করা হচ্ছে। কাউন্সিল ওয়েবসাইটে এ ব্যাপারে পর্যাপ্ত তথ্য রয়েছে যা আপনার সহযোগিতায় আসবে এ ছাড়াও ওয়ানস্টপ শপে সব সময় সহযোগিতা পাওয়া যাবে।”

আপনি যদি বয়স্ক কোন লোকের উপর নিষেধাজ্ঞা হাঙ্গামা এ ব্যাপারে উদ্ভিগ্ন থাকেন তাহলে কাউন্সিলের ফাস্ট রেসপন্স টিমের ০২০৭ ৩৬৪ ৫০০৫ অথবা টাওয়ার হ্যামলেটস মাল্টি এজেন্সি সেইফ গার্ডিং হাবের ০২০৩ ২৭৬ ৩৫০১ এই নম্বরে যোগাযোগ করার জন্যে অনুরোধ করা হয়েছে।

ডিসএ্যাবিলিটি এ্যাকশন ডে

টাওয়ার হ্যামলেটস কাউন্সিল আয়োজিত ডিসএ্যাবিলিটি এ্যাকশন ডে তে বাসিন্দাদের নিকট থেকে অনেক শারিরীক অক্ষমতাকে জয় করার উৎসাহ ব্যাঙ্গক কাহিনির অবতারণা করা হয়।

গত ১০ই মার্চ প্রায় ২ শতাধিক এক অনুষ্ঠানে যোগ দেন তাদের জন্যে এই অনুষ্ঠানে ছিল জুয়া নৃত্য, বিউটি ট্রিটমেন্ট, খাই চি ইত্যাদি বিনোদনমূলক অনুষ্ঠান।

যেসব গ্রুপ এই অনুষ্ঠানে অংশ নেয় এর মধ্যে ছিল দি টাওয়ার প্রজেক্ট, ডে অপারচুনিটিজ এবং রিয়েল।

ইস্ট এন্ডারের সাবেক অভিনেতা গ্লোভাস এই অনুষ্ঠানে উপস্থিত ছিলেন তিনি অনুষ্ঠানে উপস্থিত অভিযোজকের সাথে খোশ গল্পে মেতে উঠেন এবং ছবি তোলে ও ভক্তদের অটোগ্রাফ দেন।

টাওয়ার হ্যামলেটসের মেয়র ডে অপারচুনিটি সেক্টরের কার্যক্রম কি ভাবে বাসিন্দাদের জীবনে পরিবর্তন আনতে পারে এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, “এটা অত্যন্ত সংবাদ যে যারা কঠোর জীবন যাপন করছেন ডে সেক্টরের যেসব কার্যক্রম রয়েছে তা তাদের জীবনকে আরো স্বতন্ত্র এবং আত্মবিশ্বাস হয়ে চলার সুযোগ করে দিয়েছে।”

হেলথ ও ওয়েলবিয়িং এর কেবিনেট মেম্বর কাউন্সিলর আব্দুল আসাদ বলেন, “আমি অত্যন্ত আনন্দিত যে বাসিন্দারা এই অনুষ্ঠানে এসে যোগ দিয়েছেন এবং তারা এখানে এসে অনেক কিছু শিখার সুযোগ পেয়েছেন।

এই ধরনের অনুষ্ঠানের মাধ্যমে বাসিন্দাদের নিকট থেকে তাদের আকাঙ্ক্ষার কথা অবগত হওয়া যায়, আমরা এ ধরনের অনুষ্ঠান আয়োজন অব্যাহত রাখবো যাতে এই ধরনের অনুষ্ঠানে যোগ দিয়ে আত্মবিশ্বাসের সাথে স্বতন্ত্র ভাবে বাচার চেষ্টা সংশ্লিষ্টরা করতে পারেন।

■ The above stories are: spot the signs of adult abuse; Disability Action Day.

supporting care



সাপোর্টিং কেয়ার আপনাদের সুবিধামত হোমকেয়ার সার্ভিস প্রদান করে।

সাপোর্টিং কেয়ার ভালোবাসার ও বয়স্কদের জন্য এবং তাদের পরিবার ও বন্ধুবান্ধবদের জন্য সর্বোচ্চ মান বজায় রেখে হোমকেয়ার সার্ভিস প্রদান করছে। আমরা আমাদের ক্লাইন্ট ও কেয়ারারদের সমন্বয়ে কাজ করি। আমরা বিশ্বাস করি যে এই সেবার কাজটি একটি দ্বিপাক্ষিক বিষয়। আমাদের সবার জীবনে এমন কিছু সময় আছে যখন প্রতিনিয়ত আমাদের সাহায্যের দরকার হয়। যেমন হাসপাতালে থাকার জন্য, শারিরিক অসুস্থতায় দীর্ঘকালীন সমস্যার জন্য, ডিসাবিলিটি কিংবা চলতে না পারার মত অনেক ক্ষেত্রেই আমাদের সাহায্য লাগে। আপনি যাতে আপনার বাড়িতে আপনার আপনজনদের সাথে নিজের মত করে আরামে থাকতে পারেন সাপোর্টিং কেয়ার তারই ব্যবস্থা করে। আপনি যাতে আপনার পছন্দমত জীবনযাপন করতে পারেন সেলফ্লেই সাপোর্টিং কেয়ার কাজ করে।

আমাদের সেবার লক্ষ্যসমূহ খুবই স্পষ্ট:

- আমরা মর্যাদার সাথে অতি সাবধানে আপনাদের সেবা প্রদান করি
- আমাদের সেবার লক্ষ্যই হচ্ছে আপনাদের জীবনযাত্রার মান উন্নত করা
- আমরা আপনাদের স্বনির্ভরতাকে উৎসাহিত করি
- আমরা আপনাদের ভালোলাগাকে গুরুত্ব দেই

আপনাদের পথ চলায় আমাদেরকে সহযোগী হওয়ার সুযোগ দেয়ার জন্য ধন্যবাদ জানাচ্ছি। আমরা কেয়ার কুয়ালিটি কমিশনের রেজিস্টার্ড কেয়ারার।

আমরা যেসব সেবা প্রদান করি:

- আপনাদের ব্যক্তিগত প্রয়োজনের দিকে দৃষ্টি রেখেই আমাদের কেয়ার প্যাকেজ সাজানো হয়েছে যা আপনাদের দৈনন্দিন জীবনযাপনকে ব্যাহত করবে না।
- কোন রকমের বাধ্যবাধকতা ছাড়াই আপনাদের বাড়িতে কিংবা হাসপাতালে গিয়ে আমরা প্রাথমিক এ্যাসেসমেন্ট করে থাকি।
- আমরা ২৪ ঘন্টা লাইভ কেয়ার প্রদান করি যার মধ্যে স্বল্পস্থায়ী কিংবা দীর্ঘস্থায়ী কমপ্যানিয়নশীপ ও প্যালেটিভ কেয়ারের ব্যবস্থা রয়েছে।
- আমরা কনটিনিউয়িটি অফ কেয়ারে বিশ্বাস করি এবং আমাদের লক্ষ্য হচ্ছে আপনাদের কেয়ারার পরিবর্তন না করা।
- আপনার নিজের বাড়িতে সার্বক্ষণিক সেবা প্রদান করার জন্য কেউ না কেউ রয়েছে এই ভেবে আপনারা ২৪ ঘন্টাই মানুষিক শান্তিতে থাকতে পারেন।
- আমাদের সকল কেয়ারারদের এনহ্যান্সড ডিসক্লোজার এন্ড বারিং সার্ভিস (ডি বি এস) চেক করানো এবং তারা সবাই পুরোপুরি নিবন্ধিত।

আমরা কিভাবে সাহায্য করতে পারি তা জানার জন্য আজই যোগাযোগ করুন:

020 7538 1010

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- info@supportingcare.co.uk
- 1 Wigram House, Wades Place Poplar, London, E14 0DA



INVESTORS
IN PEOPLE





The Gherkin, seen from Devonshire Square



Shopping in Petticoat Lane market

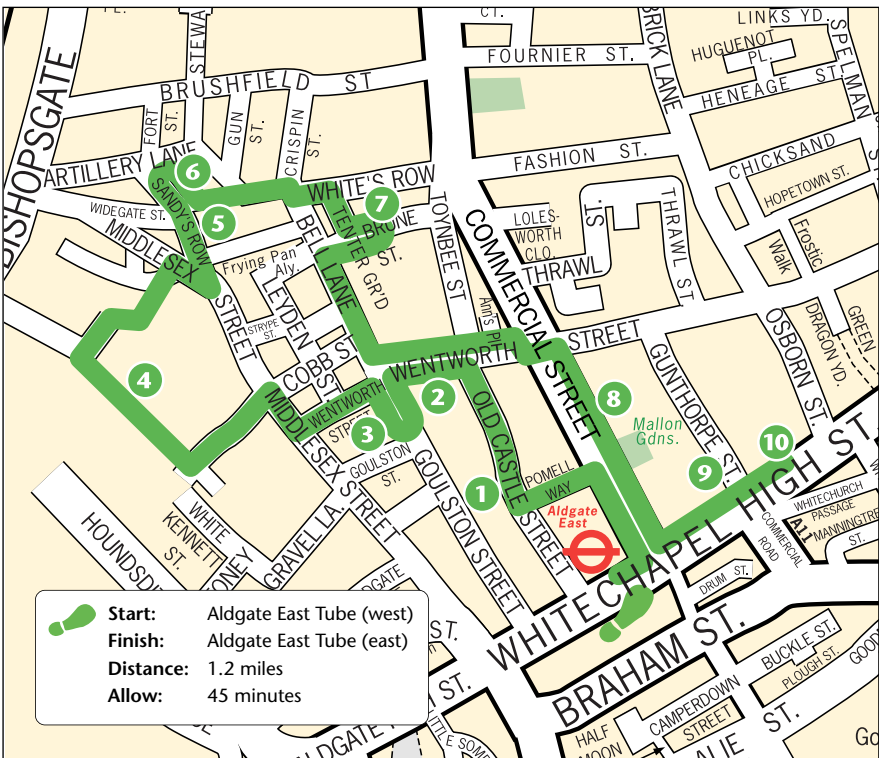


The former Soup Kitchen for the Jewish Poor



Sheba from Novo Fashions

Graham Barker discovers African fabrics, tasty street food and social heritage around Petticoat Lane. Photos by **Kois Miah**.



(Above) Mosaic of a cockerel in Cock Hill Road; peer up to the Star of David on the former Jewish Daily Post offices. (Below) stop for a tasty snack on Goulston Street



AS you explore this walk around Petticoat Lane, you might bag a bargain among the clothes stalls and fabric shops.

And there are plenty of snacking opportunities for the peckish – choose from international street food at Goulston Street or pause for lunch around historic Artillery Passage. Whatever your tastes – fashion, food or heritage – it's worth checking out.

From Aldgate East tube station, take the westernmost exit – signed towards Toynbee Hall – and follow Commercial Street around to the left. This crossroads has been a busy interchange ever since Commercial Street was created in the 1840s to provide an efficient route down to the London Docks.

Escape the traffic by taking Pomell Way, alongside the Ibis Hotel. Soon you're among London Metropolitan University (LMU) buildings clustered around Old Castle Street. LMU is London's largest university – spread over several campus locations – and the academic focus here is art, architecture and design.

On Old Castle Street a high-level footbridge links Calcutta House, the former Brooke Bond tea warehouses, to its workers' welfare centre. Look out too for the grey-painted Goulston Square Wash Houses (1), dating from 1846 and opened by Prince Albert to provide washing and laundry facilities for local residents. They were later adapted for the Women's Library – now part of the London School of Economics – and today form part of LMU.

Petticoat Lane street market (2) extends along Wentworth Street, and also into Middlesex Street on Sundays. Located in the historic heart of the East End rag trade, clothes have been sold on 'the Lane' since the early 17th century; indeed, the market took its name from the men's short 'petit' coats sold here. These days, it's known for value-for-money clothing, shoes and accessories, and shops packed floor-to-ceiling with dazzling African waxed cottons.

Take a detour along Goulston Street (3) to savour the street food aromas – Indian, Chinese, Moroccan, Thai – tempting locals and City workers out for a lunchtime treat.

From Middlesex Street – which marks the boundary of the old county of Middlesex – the view north encapsulates the diverse architectural mix hereabouts, from Victorian warehouses to City office blocks. Judy Boyt's bronze horse, Rebellion, rears up on high.

Bag a b



Walk of the Month

You'll now leave the borough briefly, but for a good reason – to explore the former East India Company warehouses (4). From Harrow Place, take the right-hand alleyway beside the wide gates. Keep straight on through a succession of attractive squares – looking out for the impressive statue of King Edgar astride his horse; having challenged 13 knights to fight on land, below ground and on water, he granted them lands near to this spot.

En route there are glimpses of skyscrapers, the Gherkin and Cheesegrater. Finally, you reach the East India Company stores – now a covered courtyard – built to hold spices, tea, cotton, silks and other cargoes shipped from India and China.

Exit the warehouse complex by the Magpie pub – often bustling with pinstripe bankers and brokers

– and head to a ram. It appears side alley twist into Middlesex. The flank w explosion of vi artwork – mai spelling out 'AF to dub this Alp Ahead, ther Japanese bent route takes a l run in parallel ferent in chara mongers once wares – is a r



at Petticoat Lane market



Sandys Row Synagogue



The Whitechapel Gallery



The Magpie pub in Bishopsgate

bargain en route



(Left) Designer outlet Therapy, in Middlesex Street, with its wall of letters painted by artist Ben Eine

former silk merchants' shops with rococo and regency frontages.

After crossing Crispin Street veer right, down Tenter Ground. On Brune Street, the former Soup Kitchen for the Jewish Poor (7) is picked out with elegant lettering. Designed by Lewis Solomon with a one-way queuing system, it serves as a reminder of how precarious life could be for East Enders in the early 20th century.

As you approach Bell Lane, peer up to Nido – the 'nest' – at 34 storeys, the UK's tallest student accommodation.

Back at Wentworth Street turn left, cross Commercial Street to the Princess Alice – an 1883 Truman's boozer with a finely detailed façade – and head to Toynbee Hall (8).

Local curate (later Canon) Samuel Barnett and his wife Henrietta

created Toynbee Hall in 1884 as a volunteer 'settlement' to develop practical solutions to alleviate poverty. It has been a catalyst for social reform ever since – counting Clement Attlee and William Beveridge among its former workers – and today provides free advice and support services.

Beyond Canon Barnett Primary School – with attractive wall mosaics – continue left around the corner. At the White Hart, take a peek down cobbled Gunthorpe Street (9); a wall plaque relates the tale of Ripper suspect, barber-surgeon George Chapman, who lived in the pub basement and poisoned three of his mistresses.

Back on the main road, above Albert's menswear, a Star of David highlights the former Jewish Daily Post's offices. And a few steps further on, you're at the Whitechapel Gallery (10). Take a minute to enjoy Charles Harrison Townsend's architecture – a curious twist on art nouveau, with trees flourishing up the two towers – later gilded with leaves by artist Rachel Whiteread. The gallery has showcased international contemporary artists such as Jackson Pollock, Frida Kahlo and Spitalfields locals Gilbert and George.

The gallery incorporates the former library – once dubbed 'the University of the Ghetto' – where poet and painter Isaac Rosenberg and other youngsters sought to study their way to a brighter future.

A blue plaque commemorates Rosenberg, killed in WWI, by the entrance to Aldgate East Tube, the end of your walk.

around Petticoat Lane

an arched gateway, topped by a white... to be a dead-end but fear not, the... down Cock Hill and brings you back... Street.

all of designer outlet Therapy is an... brant letters painted by Ben Eine. His... only single letter shop shutters, some... RT' or 'HAPPY' – has prompted art fans... habet Street.

re are more foody temptations –... o boxes and Italian pizzas – but your... left into Sandys Row. Two alleyways... between here and Bell Lane, each dif... acter. Frying Pan Alley – where iron... hung pans outside to advertise their... modern thoroughfare. A few steps

further, Artillery Passage (5) is almost Dickensian, a cut-through of tightly packed boutiques and cafes.

Before nipping through the latter, take a look at Sandys Row Synagogue (6). It's one of only four active East End synagogues – once there were 150 – and was founded in 1854 for a Dutch Ashkenazi congregation.

Retrace a few steps and follow Artillery Passage. As it widens, look out for Raven Row, a contemporary art gallery set in two



(Right) King Edgar astride his horse in Devonshire Square





Tuesday treat

Pongathon is a social playground of art, design, music and ping pong.

WWW.PONGATHON.COM



Take the plunge at Aquatics Centre

Sport Relief is a charity that encourages you to get active, have fun and raise life-changing cash for projects in the UK and abroad. Join in this year's event at Queen Elizabeth Olympic Park.

WWW.SPORTRELIEF.COM

Out & about guide

What's on where this week

Events

Pongathon

A ping pong party like no other, providing wall-to-wall tables set against a backdrop of live visuals, DJs, creative themes, social tournament play, exhibition games and even robots that take on all-comers! Every other Tuesday. Tues, Mar 18. 6pm-11pm. Free entry, pay to play. Rich Mix, 35-47 Bethnal Green Road, E1.

7613 7498
www.richmix.org.uk

Sainsbury's Sport Relief Games

Run a mile, swim in the Aquatics Centre or get on your bike, all in aid of Comic Relief. Fri, Mar 21-Sun, Mar 23. £5-35. Queen Elizabeth Olympic Park, Stratford, E20.

www.noordinarypark.co.uk/
www.sportrelief.com

Exhibitions

Time=Change

A historical perspective on women's struggle for equality. Mon, Mar 17, 1-7pm. Tues, Mar 18, 1-5.30pm. Espacio Gallery, 159 Bethnal Green Road, E2.

www.pages.espaciogallery.com

Becky Beasley: The Walk... in green

Photos – silver prints, postcards and offset litho prints – taken by Beasley between 1999-2003, showing an intimate

relationship to nature which passes through urban, domestic and rural settings. Until Sat, Mar 30. Wed-Sat, 11am-6pm; Sun, noon-6pm. Free. Laura Bartlett, 4 Herald St, Bethnal Green E2.

www.laurabartlettgallery.com

Benedict Drew, Heads May Roll

Large-scale installation which attempts to make sense of the absurdity of a life spent staring into a screen.

Weds-Sun, 12-6pm, until April 20. Free.

Matt's Gallery, 42-44 Copperfield Road, E3.

www.mattsgallery.org

Sarah Jones

Photos by the London-based artist.

Weds, Mar 19-Fri, Apr 18.

Weds-Sun. 11am-6pm.

Maureen Paley, 21 Herald Street, E2.

7729 4112

www.maureenpaley.com

Music

Foster The People

LA synth-poppers promote their album Supermodel and unleash their career-making hit, Pumped Up Kicks.

Mon, Mar 24. 7pm. £20.

Troxy, 490 Commercial Road, E1.

www.troxy.co.uk

Music Space Live

Showcasing some of the best young musical styles and

sounds from the local area.

Line-up to be confirmed.

Tues, Mar 25. 6pm. Free.

Rich Mix, 35-47 Bethnal Green Road, E1.

7613 7498

www.richmix.org.uk

Theatre

Painkillers

Mamoru Iriguchi explores physical pain, obesity and body image through the story of a magician's assistant, who was a size 6 when she started her career and is now a size 38.

The show runs alongside Britney Spears Custody Battle Vs. Zeus in Swan Rap Shocker in the festival, called N.O.W. '14, which starts at 7.30pm. Price includes both shows.

Tues, Mar 18-Sat, Mar 22. 9pm.

The Yard/The Hive Project, Unit 2a, Queens Yard, E9.

www.theyardtheatre.co.uk

Walk

Occupy London Walking

Tours: Canary Wharf

Take a trip into the murkier depths of modern finance and through the 2007/8 financial crisis. Help the organisers try to set up an offshore bank account with Barclays, make a 'credit default swap' and visit the remains of the long-bust Lehman Bros bank.

Thurs, Mar 20. 6.50pm. Free.

Canary Wharf, Isle Of Dogs, E14.

07749 552063

www.occupytours.org



Contemporary Art Society: The Best is Not Too Good For You

Bright and bold pots, plus prints by leading pop artists go on display at the Whitechapel Gallery this week. The exhibition includes Picasso face plates; Babe Rainbow by Peter Blake; an Andy Warhol screenprint showing the Birmingham, Alabama, race riots in 1963; British Pop artist Richard Hamilton's My Marilyn (1966); and a Jann Haworth fabric tea table.

March 18-June 14. 11am-6pm. Closed Mon. Free. Whitechapel Gallery, 77-82 Whitechapel High St, E1.

www.whitechapelgallery.org

Dance

Argentinian tango E14

Class. Sat 2-5pm. £5.

St John's Community Hall, 37 Glengall Grove, E14.

7538 3852

Ballroom/Latin American

Fri, 2-4pm, £2.50, 20p refreshments.

Kingsley Hall, Powis Road, E3. 8550 1392

Belly dancing

Beginners' belly dancing classes.

Sats, 2-3pm, £6.

Oxford House, Derbyshire

Street, E2.

07796 850506

Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free. Alpha Grove Centre,

Isle of Dogs, E14.

7538 1714

Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12.30pm.

St Pauls Shadwell Church, 302 The Highway, E1.

energize4girlzdance@gmail.com

Green Candle Senior Dance

Over-60s, no experience is necessary. Tues, 10.30am-12.30pm, one free taster session.

Oxford House, Derbyshire Street, E2.

7739 7722

Salsa

For dancers of all experience, beginners welcome, followed by dancing until midnight. Prices vary. Every Tues & Weds, 7.30-9.30pm.

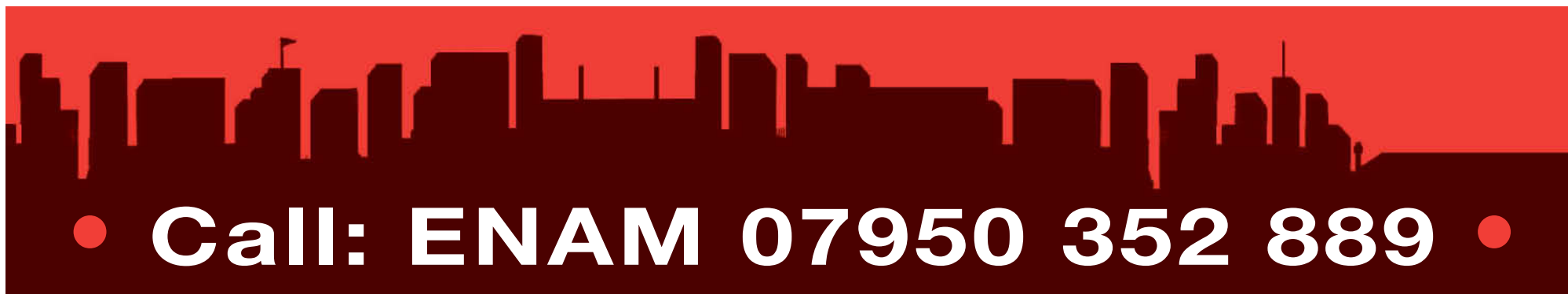
The Urban Bar, 176 Whitechapel Road, E1.

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Something for everyone

Julian Garner's 30-odd plays include Cyril's Little Moments of Weakness & Strength, Golden Leaf Strut, The Flight Into Egypt and The Bear Table.

WWW.SPACE.ORG

Mix it up

Rich Mix is a charity bringing cinema, arts, music and creative activities for people of all ages to east London.

WWW.RICHMIX.ORG.UK

Out & About

Wilton's has gone to the wolves

WILTON'S goes to the wolves for its latest full-scale production.

The Wapping music hall tells the story of Father Nandru and the Wolves and is centred on a log church built 500 years ago in a small village deep in the heart of Transylvania.

When Eveline, the daughter of a leading family, elopes with Vadim, the crippled son of the Roma dancing clan, Father Nandru has 24 hours to pull the situation back from the brink.

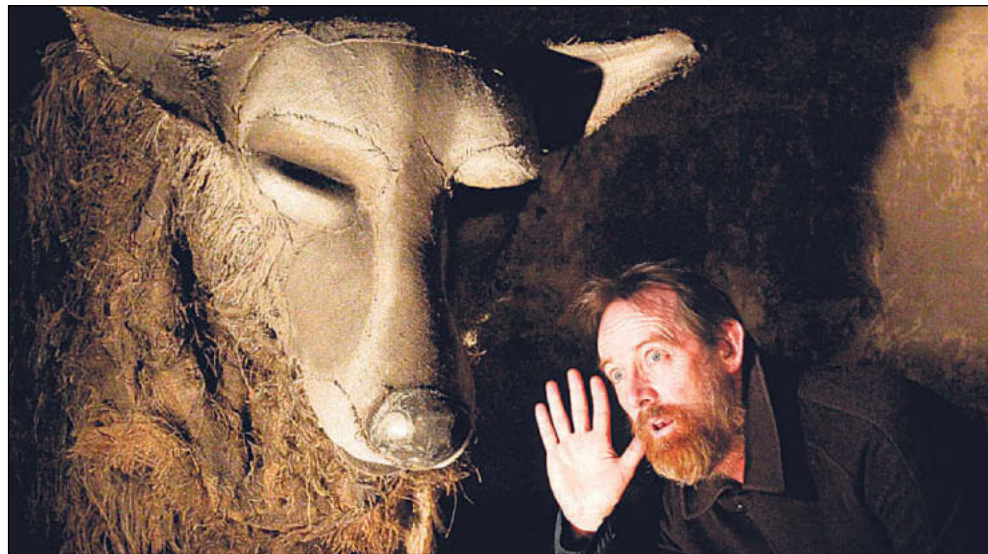
At the last moment, mysterious wolves emerge from the forest with surprising advice. The same evening, however, Father

Nandru has a catastrophic vision of the village's demise and he sinks into despair.

Now the community must put aside their differences and pull together if anything is to survive.

The play is based on a true story from the Ceaucescu period when plans were laid for the destruction of thousands of villages to maximise land for agricultural production. It features larger-than-life puppetry and a live Gypsy music score.

Father Nandru and the Wolves runs from March 18-April 18. Preview week runs from March 18-24. Preview week



prices are £13-£18.50, which rises to £19.50-£25 thereafter.

Wilton's Music Hall is in Graces Alley off Ensign St, Wapping.

Visit www.wiltons.org.uk or 7702 2789.

Play takes inspiration from writer

A NEW play inspired by Orson Welles' infamous 1938 broadcast of An Invasion From Mars is on at the Space this week.

Anomaly, by WorkSpace Productions, explores how we live and relate to society, magnified through an 'end of the world' event.

Directed by Adam Hemming and devised by the company, it examines how we receive and respond to our news and how the global situation affects the personal lives of our characters.

WorkSpace Productions, a local non-professional theatre company, was formed in 2011 by members of the SpaceWorks theatre project.

The company has staged seven productions since then and this summer will perform Measure For Measure as part of the RSC's Open Stages project.

The group have also been supported by the BBC Performing Arts Fund and hold drama workshops, run by professional tutors, every Monday evening.

The show is on from March 20-22 at 8pm. Tickets are £8/£6.

For more information visit space.org.uk/workshops/workspace-productions

A host of events help to mark Freedom Week



FREEDOM Week at Rich Mix celebrates the 43rd anniversary of Bangladesh's independence.

Running from March 21-27, it features work from contemporary artists working within the UK, Bangladesh and beyond, and includes music, theatre, talks, workshops and family activities.

Highlights include:

■ **Birangona: Women of War** – March 21-23

A play using physical performance, movement and animation interwoven with films of the Birangona women's accounts. It tells the story of Moryom, a young woman who loves the taste of tamarind, her grandmother and her husband. In 1971, when the war finally hits, it threatens to tear her apart from those she loves most.

■ **Songs For Freedom** – March 21

Presented by Culturepot Global, musician Dele Sosimi brings a range of songs from Bangladesh, India,

South Africa, Jamaica and Yoruba songs from Nigeria that signify freedom.

■ **Celebrating Bangladesh** – March 27

World renowned photographer Shahidul Alam will talk about his images of social and cultural landscapes.

■ **Guerrilla** – March 25

A film presented by British Council Bangladesh sees director Nasir Uddin Yousuff exploring the character of Bilkis Banu, who loses her husband on the night of March 25, 1971. Her story explores the journey she must take to survive on the streets of Dhaka.

The event is followed by a Q&A with the director.

For the full programme visit www.richmix.org.uk



News in brief

Script workshop

IF you're a budding Alan Ayckbourn but could do with a little help to perfect your play, head to the ScriptSpace Workshop this Saturday, March 23.

The free monthly script-reading event provides playwrights with an opportunity to have a work in progress read by professional actors.

In addition to the opportunity to get invaluable feedback, networking opportunities abound.

If you would like to submit your script, send it as an attachment (either .pdf or .doc) in an email to scriptspace@space.org.uk with "submission" as the subject title.

Due to the large number of scripts sent in there are no guarantees yours will be chosen, but you might just get lucky.

The Space is at 269 Westferry Road, Isle of Dogs.

Visit www.space.org.uk

An Irish celebration

CELEBRATE St Patrick's Day at the Water Poet pub with traditional Irish music and food.

From 12-3pm there is a special lunch menu and a full Irish breakfast will be served until 4pm. From 5pm the action moves to the garden with a Guinness bar and two live sets from Auburn Fox, with their array of Uilleann pipes, tin and low whistles, and guitars.

Irish stew and soda bread will be on tap to keep your energy levels up. Entry is free.

The Water Poet is at 9-11 Folgate Street, Spitalfields.

Visit www.waterpoet.co.uk

Bollywood fitness

IF you feel like dancing and want to get fit, you can combine both ambitions at Bollywood inspired Dance classes at Oxford House.

Just Jhoom for beginners starts on Monday, March 31 and will run for ten weeks.

Classes are from 6-7pm. The first class is free, subsequent ones are £5 each.

Oxford House is in Derbyshire Street, Bethnal Green.

Call 7739 9001 for details.

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www.towerhamlets.gov.uk

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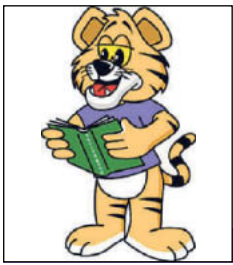


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Eating out, eating in

Be shaken and stirred by devilish delights

BY GORDON BLUE

IN a culinary no-man's land between Viajante's majesty to the north and some little gems on the Bethnal Green Road to the west, you'll find Satan's Whiskers.

Disguised behind a plain, modest façade, you enter to a cocoon of cosiness where you'll also now probably find me installed given half the chance after a gruelling day of work.

There's something prohibitive about this funky little joint, but not literally thank goodness because they sure do make a mean cocktail. We researched such delights as Satan's Manhattan, French 75 and the obligatory gin martini to make doubly sure.

Our favourite was their eponymous cocktail, which was sophisticated yet moody from a mixture of Grand Marnier, red vermouth and gin, and had us coming back for more.

All were perfectly balanced works of art, and the troubles of the day soon sank away with



The cocktails at Satan's Whiskers are 'works of art' and the food is 'equally delightful'

probably the best gin martini I've ever had (and I've had a few).

Food was equally delightful – generous quesadilla, darkly sticky baby ribs with a quirky coconut twist, and plump mussels, all reasonably priced around the £7 mark each.

You feel you're in the hands of the competent who know their (silverskin) onions and aren't afraid to use them with flair and passion in a mouth-watering Gibson.

The environment is cosily lit

and eccentric in taste, with taxidermy in witty repose throughout. If allowed, I would have quite happily sunk into an alcoholic warm haze and been swallowed up by the bountiful booths and forgiving candlelight.

The clientele in general is on the hipster side, which provides a great sideline in people watching for the uninitiated.

Service was a little on the slow side to begin with, but warm, friendly and helpful staff pervaded throughout our experience.

This is a lovely little find and I'm grateful for the people behind the Hemingway for taking this risk as a new venture.

It deserves to succeed and Viajante's bar with cocktails priced at a third more had better watch out – this joint is devilishly good in its brilliance.

Four enjoyed a cocktail and substantial finger food each for a little over £15 a head.

Satan's Whiskers is at 343 Cambridge Heath Road, E2. Tel: 7739 8362.

Crazy for curry

EVERY month the council's school catering service provides a tasty, easy to prepare recipe from Trigger's school meal menu for you to try at home.

Send us a picture of yourself preparing or eating the meal – or write a review letting us know what you thought of the dish.

Email your entry to www.myschoollunch.co.uk/TowerHamlets/parents/contact/ or post it to Recipe Competition,

Toby Lane Council Offices, Toby Lane, E1 4DN. Don't forget to write your name, address and phone number on the back.

This month's recipe is sweet potato and lentil korma. Trigger has chosen this recipe as he loves spicy dishes and it contains foods from all of the food groups.

Trigger eats his korma with brown rice as we would all benefit from having more wholegrain foods in our diet.

Enjoy cooking and don't forget to enter the competition.

Sweet potato & lentil korma – serves 4

Ingredients

100g red lentils
100g onions, peeled and diced
300g sweet potato, scrubbed and chopped into 2cm squares
75ml tinned coconut milk
1 tsp ground cumin

1/2 tsp ground coriander
1/2 tsp ground turmeric
1/4 tsp salt
Cold water
Light olive oil or vegetable oil

Method

1. Peel and dice the onions; peel and crush the garlic; finely chop the chilli; scrub and dice the sweet potatoes.
2. Place the lentils in a large pan and fill with cold water. Bring to the boil and cook for about 30 minutes until tender.
3. Drain and refresh under cold water, then leave aside.
4. Heat the oil in pan and fry the onions slowly for ten minutes.

- Add all the spices, garlic and chilli, then fry for a further five.
5. Add the sweet potato and stir until evenly coated.
 6. Add enough cold water to just cover the sweet potatoes, add salt and bring to the boil. Simmer gently for about 15 minutes or until cooked.
 7. Add the lentils and coconut milk and mix. Bring back to the boil and serve with brown rice and mixed salad leaves.

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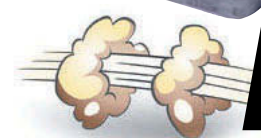
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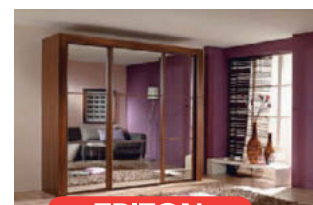
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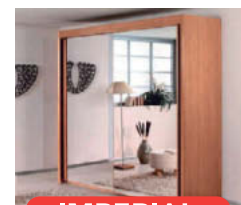
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Olympic spirit lives on

The streets next to the new homes in East Village celebrate the Olympic heritage of the buildings and include Cheering Lane, Prize Walk, Celebration Avenue and Medals Way.

SEE BELOW

Life in Bethnal Green

A new project in Bethnal Green aims to engage residents in sharing their stories about the area.

SEE BELOW

Property

CHILDREN were shown how to stay safe around construction sites last week, when celebrity builder and industry mascot Ivor Goodsite (pictured right) popped into a community hall in Bow Cross.

At over seven feet tall and with a range of safety tips in his tool belt, Ivor spoke to the children about the importance of staying safe around building sites. Staff from Swan Housing Association and resident involvement team assisted as the mascot led the children on a tour of Bow Cross, showing the group how to identify hazards and avoid them.

Children were later tested on what they had learnt in a 'spot the hazard' challenge, after which they and their parents were treated to badge-making, tea and cake. The children went home with a goodie bag containing pens, stickers and a colouring book.



Top tips from Ivor

■ Even dry scaffolding is slippery. Playing or climbing on it is very dangerous and can lead to nasty falls.
■ Electricity can shock,

burn and even kill. On a construction site, cables, sockets, wires, plugs and switches may not be safe and should not be played with.

■ Stacks of building materials may look solid, but can become loose and wobbly and fall over if you climb on them.
■ There are many holes

on construction sites: falling into one can be painful or even deadly. They can be very deep and even covered up, so you might not see them.

News in brief

Share your story

A NEW project to discover Bethnal Green stories has been launched by Eastside Community Heritage. Funded by Affinity Sutton, the initiative aims to engage local residents in sharing their stories about the area.

The group aims to recruit and train young people to record stories of residents on the estate. If you live in Affinity Sutton housing in Bethnal Green, and would like to share your experiences and memories, email Claire at claire@ech.org.uk or Jake at jake@ech.org.uk

TV home makeover

PRODUCERS of a new DIY television programme are looking for unloved, half-finished or "ugly duckling" homes in Tower Hamlets to be completely made over on the smallest of family budgets.

The makeover will be internal and cosmetic. No structural, architectural or external changes will be carried out.

Programme makers will send a celebrity designer with a team of experts to meet families, then designers will produce a plan to revamp the kitchen, living room, bathroom and a bedroom.

If you are interested in taking part, call Rachel Keenan on 3189 3154 or email Rachel.Keenan@redhousetv.co.uk

100th move-in for 2012 village

BY JESSICA ODUBAYO

THE 100th private rental home has been snapped up at East Village – the former London 2012 athletes' village.

The first homes were handed over to development and investment company Get Living London in November 2013. The latest renters at the former athletes' village, Rosie Sperring and Jamie Worth, have moved in to the 100th property, meaning there are now more than 200 private renters living in the estate.

Rosie, a technology analyst, and partner Jamie have moved in to a one-bed home at Vesta House in East Village.

Rosie said: "We are so excited to move into the 100th Get Living London home at East Village. The area is perfect for us, with transport links all over the city, Westfield shopping centre next door, and the avail-



Rosie Sperring celebrates in her new flat

ability of local services such as the health centre. And I can't wait to use the Olympic Park's swimming pool."

Derek Gorman, chief executive of Get Living London, said: "We're delighted to welcome

Rosie and Jamie as our 100th move-in and with more than 200 renters now calling East Village home, we're seeing London's newest neighbourhood taking shape.

"We have a range of homes

next to Queen Elizabeth Olympic Park with a convenient fee-free new way of renting, so this is a great chance for renters to find a quality home with the best of city living on their doorstep."

Rosie and Jamie's new home in Vesta House is one of a number of residential buildings where Get Living London have new homes. Other buildings include Mira House, Carina House and Mimosa House offering one-, two- and three-bed apartments and four-bed townhouses, located around a private courtyard area. Balconies feature distinctive artwork, providing splashes of colour and character.

The streets and roads next to the new homes celebrate the Olympic heritage of the buildings and include Cheering Lane, Prize Walk, Celebration Avenue and Medals Way.

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ownership, intermediate rent and social rent homes are also available through Triathlon Homes. Visit www.getlivinglondon.com or call 3701 7900.

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SHELTERED
Accessible Category G
GAWTHORNE COURT, MOSTYN GROVE, E3
 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

£134.95, Weekly - Social Rent
 Landlord: OLD FORD HA

Property Ref: 29428



OVER 50's
Accessible Category F
SUMMERCOURT ROAD, E1
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets with landlords permission

Eligibility : Min Client Age 50

£155.60, Weekly - Social Rent
 Landlord: Swan Housing Association

Property Ref: 29422



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
GALVESTON HOUSE, HARFORD STREET, E1
 Flat • 0 Bed 1 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted . Rent increase pending April 2014

£91.16, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 29437



1 BEDROOM
Accessible Category F
WITHY HOUSE, GLOBE ROAD, E1
 Maisonette • 1 Bed 2 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted . Rent increase pending April 2014 . Tenant participation expected in the running of the block - see TMO info below

£106.71, Weekly - Social Rent
 Landlord: Withy House TMO

Property Ref: 29433



1 BEDROOM
Accessible Category F
PRINCELET STREET, E1
 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£127.14, Weekly - Social Rent
 Landlord: Spitalfields HA

Property Ref: 29440



1 BEDROOM
Accessible Category F
SHEARSMITH HOUSE, HINDMARSH CLOSE, E1
 Flat • 1 Bed 1 Person • 27th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission . Lift up to the 26th floor only

Eligibility : Band 3

£124.61, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29420



1 BEDROOM
Accessible Category F
MULLET GARDENS, E2
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£127.82, Weekly - Social Rent
 Landlord: Tower Hamlets Community Housing

Property Ref: 29449



1 BEDROOM
Accessible Category F
PATRICK CONNOLLY GARDENS, TALWIN STREET, E3
 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission . Rent increase pending April 2014 . One week's rent payable at sign up of tenancy

Eligibility : Band 3

£117.22, Weekly - Social Rent
 Landlord: Poplar HARCA

Property Ref: 29434



1 BEDROOM
Accessible Category D
PROSPECT HOUSE, CAMPBELL ROAD, E3
 Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission . Electric cooking

£119.39, Weekly - Social Rent
 Landlord: Swan Housing Association

Property Ref: 29435



1 BEDROOM
Accessible Category C
COLUMBIA HOUSE, HAMLETS WAY, E3
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission

£118.04, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29425



1 BEDROOM
Accessible Category F
ENNERDALE HOUSE, HAMLETS WAY, E3
 Flat • 1 Bed 2 Person • 7th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission

Eligibility : Band 3

£120.03, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29436



2 BEDROOMS
Accessible Category F
CASSON STREET, E1
 Flat • 2 Bed 3 Person • Basement • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£136.27, Weekly - Social Rent
 Landlord: Spitalfields HA

Property Ref: 29441



2 BEDROOMS
Accessible Category F
DENNING POINT, COMMERCIAL STREET, E1
 Flat • 2 Bed 4 Person • 16th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Property is in congestion zone • Pets not permitted

Eligibility : Band 3

£131.00, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29412



2 BEDROOMS
Accessible Category F
DENNING POINT, COMMERCIAL STREET, E1
 Flat • 2 Bed 4 Person • 17th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Property is in congestion zone • Pets not permitted

Eligibility : Band 3

£131.00, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29423



2 BEDROOMS
Accessible Category F
HERBERT HOUSE, OLD CASTLE STREET, E1
 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Property is in congestion zone • Pets not permitted

Eligibility : Band 3

£129.05, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29411



2 BEDROOMS
Accessible Category F
SHEARSMITH HOUSE, HINDMARSH CLOSE, E1
 Flat • 2 Bed 4 Person • 13th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

Eligibility : Band 3

£142.66, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29438



2 BEDROOMS
Accessible Category F
HATTON HOUSE, HINDMARSH CLOSE, E1
 Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

Eligibility : Band 3

£145.39, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29439



2 BEDROOMS
Accessible Category F
DEVITT HOUSE, WAIDES PLACE, E14
 Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted . Rent increase pending April 2014

£114.69, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 29416



2 BEDROOMS
Accessible Category F
CARVEL HOUSE, MANCHESTER ROAD, E14
 Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

£128.81, Weekly - Social Rent
 Landlord: EastendHomes

Property Ref: 29443



2 BEDROOMS
Accessible Category G
PHOENIX COURT, MAST HOUSE TERRACE, E14
 Flat • 2 Bed 4 Person • 5th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted . Residents parking scheme

£0.00, Rent to be advised
 Landlord: East Thames Group

Property Ref: 29455



2 BEDROOMS
Accessible Category F
FITZROY HOUSE, WALLWOOD STREET, E14
 Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission . Rent increase pending April 2014 . One week's rent payable at sign up of tenancy

£134.73, Weekly - Social Rent
 Landlord: Poplar HARCA

Property Ref: 29432



2 BEDROOMS
Accessible Category F
ST KATHERINES WAY, LONDON, E1W
 Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Patio • Pets with landlords permission . Rent increase pending April 2014 . 2 flights of stairs to front entrance door

£152.97, Weekly - Social Rent
 Landlord: South Quay TMO

Property Ref: 29457



2 BEDROOMS
Accessible Category F
NEWCOURT HOUSE, POTT STREET, E2
 Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted . Rent increase pending April 2014

£118.51, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 29418



2 BEDROOMS
Accessible Category F
ST GILLES HOUSE, MACE STREET, E2
 Flat • 2 Bed 4 Person • 8th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted . Rent increase pending April 2014

£117.40, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 29431



2 BEDROOMS
Accessible Category G
GILLMAN HOUSE, PRITCHARDS ROAD, E2
 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Pets not permitted

£0.00, Rent to be advised
 Landlord: Spitalfields HA

Property Ref: 29451

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk



2 BEDROOMS
Accessible Category F
GRAFTON HOUSE, WELLINGTON WAY, E3
Flat • 2 Bed 4 Person • 10th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets with landlords permission • Children must be 10 years and over
Eligibility : Band 3

£142.21, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 29421



3 BEDROOMS
Accessible Category F
LEYLAND HOUSE, HALE STREET, E14
Flat • 3 Bed 5 Person • 4th floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted • Rent increase pending April 2014

£126.11, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 29427



3 BEDROOMS
Accessible Category F
BROCK PLACE, E3
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets with landlords permission • Rent increase pending April 2014 • One week's rent payable at sign up of tenancy • Grab/Hand rail to stairs

£148.96, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 29456



4 BEDROOMS
Accessible Category C
ESSIAN STREET, E1
House • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Private garden • Car free home • Pets permitted

£162.25, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 29446



4 BEDROOMS
Accessible Category C
ESSIAN STREET, E1
House • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Private garden • Car free home • Pets permitted

£162.25, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 29447



4 BEDROOMS
Accessible Category C
ESSIAN STREET, E1
House • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Private garden • Car free home • Pets permitted

£162.25, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 29448



4 BEDROOMS
Accessible Category F
PENNYFIELDS, E14
Maisonette • 4 Bed 7 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted • Rent increase pending April 2014

Eligibility : Transfer List

£154.03, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 29419



4 BEDROOMS
Accessible Category E
SWANFIELD STREET, E2
House • 4 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Off street parking • Pets permitted • Rent increase pending April 2014 • Car port

Eligibility : Transfer List

£163.97, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 29442



5 BEDROOMS
Accessible Category C
ESSIAN STREET, E1
House • 5 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C, Separate Shower Room • GCH • Private garden • Car free home • Pets permitted

£171.10, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 29445

TMO's Tenant Management Organisations

Tenant Management Organisations (TMOs) are formed when tenants decide they want to take over the management of their homes. TMOs usually take the form of either a Tenant Management Co-operative (TMC) or an Estate Management Board (EMB).

When a TMO take over the management of an estate the Council still owns the homes and the tenants keep the same rights as other Council tenants.

Should you move to a property managed by a Tenant Management Organisation (TMO) you may be expected to contribute to the day to day running of the block & estate.

TMO responsibilities can vary, but may include:

- organising repairs
- deciding on caretaking and estate cleaning priorities
- collecting rent and managing arrears
- employing and managing staff and contractors
- looking after public gardens and other shared areas
- controlling any estate improvements
- providing advice and support to tenants.

Please be aware of this when bidding for a Tenant Management Organisation (TMO) property.

AFFORDABLE RENT PROPERTIES



AFFORDABLE RENT
Accessible Category F
ELTON HOUSE, CANDY STREET, E3
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Concierge/ CCTV

£152.12, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29444



AFFORDABLE RENT
Accessible Category F
HOLMSDALE HOUSE, POPLAR HIGH STREET, E14
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£171.27, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 29450



AFFORDABLE RENT
Accessible Category C
JENNIFER HOUSE, TAPLEY WALK, E14

Flat • 1 Bed 2 Person • 1st floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Life Time. Rent increase pending April 2014 • One week's rent payable at sign up of tenancy • Electric cooking

£160.29, Weekly - Affordable Rent
Landlord: Poplar HARCA

Property Ref: 29413



AFFORDABLE RENT
Accessible Category C
JENNIFER HOUSE, TAPLEY WALK, E14

Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Life Time. Rent increase pending April 2014 • One week's rent payable at sign up of tenancy • Electric cooking

£160.29, Weekly - Affordable Rent
Landlord: Poplar HARCA

Property Ref: 29414



AFFORDABLE RENT
Accessible Category F
JODRELL ROAD, E3

House • 3 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Shower Room with W/C • GCH • Private garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Shower & WC - no bath

£236.29, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29452



AFFORDABLE RENT
Accessible Category G
ELTON HOUSE, CANDY STREET, E3

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Concierge/CCTV

£155.15, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29430



AFFORDABLE RENT
Accessible Category F
EXMOOR HOUSE, GERON ROAD, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£228.28, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29454



AFFORDABLE RENT
Accessible Category G
TAIT COURT, ST STEPHENS ROAD, E3

Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£172.85, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29453



AFFORDABLE RENT
Accessible Category E
WRIGHTS ROAD, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£150.28, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29426



AFFORDABLE RENT
Accessible Category G
WILMER HOUSE, DALING WAY, E3

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Concierge/ CCTV

£171.63, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 29424

Housing Demand

Demand by bedroom need and Banding as at 07/03/2014

Bedroom(s) needed	Band 1A	Band 1B	Band 2	Band 3	Total
1 bed	646	263	1,905	6,217	9,031
2 bed	519	100	2,020	1,843	4,482
3 bed	217	101	3,870	932	5,120
4 bed	101	60	1,278	115	1,554
5 bed +	19	3	170	11	203
Total Current Demand	1,502	527	9,243	9,118	20,390
Total Lets 01/04/2013 to 28/02/2014	374	362	768	125	1,638*

*includes 9 lets to Band 4 applicants rehoused before Allocations Scheme changes went live on 17th October 2013.

Homes Let from 01/04/2013 to 28/02/2014

Bedroom size	Band 1A	Band 1B	Band 2	Band 3	Band 4	Total
(Bedsit) 0	3	19	43	11	0	76
1	133	227	113	77	7	557
2	113	43	422	29	2	609
3	78	55	164	8	0	305
4	43	15	12	0	0	70
5	4	3	14	0	0	21
6	0	0	0	0	0	0
7	0	0	0	0	0	0
Total	374	362	768	125	9	1,638

Landlord and property type of homes let

Landlord	Bungalow	Flat	House	Maisonette	Total
COUNCIL	3	290	12	84	389
RSL (Registered Social Landlord)	3	991	49	206	1,249
Total	6	1,281	61	290	1,638

Floor level of homes let

Basement	Ground	1st	2nd to 4th	5th to 10th	11 +	Total
3	437	313	652	169	64	1,638

Applicants Currently Waiting (years)

The table below shows the length of time applicants are currently waiting on the Housing list. However, it is NOT an indicator of how long applicants can wait for rehousing.

Bedroom(s) required	1 bed	2 bed	3 bed	4 bed	5 bed +	Total
Up to 1 Year	1,457	891	592	108	16	3,064
2 Years	1,527	1,010	766	126	18	3,447
3 Years	1,235	579	689	144	18	2,665
4 Years	1,146	457	607	165	23	2,398
5 Years	805	312	512	165	21	1,815
6 Years	678	216	435	116	21	1,466
7 Years	445	188	314	104	10	1,061
8 Years	447	196	286	118	15	1,062
9 Years	356	110	228	109	14	817
10 Years	298	121	171	83	15	688
11 Years	163	69	133	91	8	464
12 Years +	474	333	387	225	24	1,443
Total	9,031	4,482	5,120	1,554	203	20,390

TOWER HAMLETS HOUSING LIST

INFORMATION ON HOUSING DEMAND AND LETS

The way we decide housing priority changed on the 20th April 2013.

Please see the Allocations Scheme document for details.

www.thhs.org.uk

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Facilities Manager Pay £24,000 - £28,000

A Facilities Manager is required for our multi-site school. The role is primarily to maintain the building, develop a programme of maintenance, ensure compliance with statutory requirements, supervise the cleaning of the school and ensure that all repairs are carried out quickly and efficiently.

The applicant must have a high standard of spoken and written English. Experience, grace, and a sense of humour are essential to be a part of this pioneering free school with an interdenominational Christian ethos. The ability to show initiative is an advantage.

For an Application Pack, please visit the College website at www.canarywharfcollege.co.uk

Closing date: 12 noon Thursday 20th March
Interviews: week commencing 24th March 2014
Start Date: From 22nd April 2014

The school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.



MORPETH SCHOOL Portman Place, E2 0PX

ASSISTANT SCHOOLKEEPER – responsible for Grounds

Salary £19,221 - £20,328.

All year round | Hours: 7.30am to 3.30pm

Required to work with a team providing maintenance, security, heating and health & safety services with main responsibility for external grounds maintenance. Practical skills to carry out minor repairs and a flexible approach to work essential.

For further details and application form see school website www.morpethschool.org.uk, email einglis@morpeth.towerhamlets.sch.uk or phone 020 8981 0921.

Closing date: Wednesday 26th March
with interviews the following week.



YEAR LEARNING ASSISTANT – KS4 May 2014

Term Time Only, 35 hours per week
Scale 6 - £22,068 (actual)

We wish to appoint a Year Learning Assistant to support the KS4 Pastoral team in the raising of attainment of all students in assigned year groups. The successful candidate will have:

- High levels of numeracy and literacy
- Excellent ICT skills
- Experience of working in a secondary school environment
- High quality communication skills

For an application pack please email robertsonc@bow-school.org.uk or visit our website www.bow-school.org.uk (Vacancies section)

Applications to be received by 12.00 midday on
Wednesday 26th March 2014

Interviews will take place week commencing
31st March 2014

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ESTATE CLEANER

ref: EC0314

Salary: £19,172 per annum

Gateway Housing Association is a locally based housing association with over 2,800 homes in and around Tower Hamlets for people in housing need. We provide homes for social rent, shared ownership and leasehold accommodation. We are also the largest provider of sheltered housing in the borough

At Gateway we believe our residents deserve an excellent service. Currently, we are looking for an Estate Cleaner to join our team, providing a direct cleaning service to ensure our estates and the communal areas in our properties are maintained to a very high standard.

The successful candidate will have previous experience of working outside in all weathers in a similar role, providing an efficient and effective cleaning service, whilst being aware of the importance of basic health & safety including COSHH and manual handling.

Closing date: 23 March 2014 12.00am

To download an application pack (CVs will not be accepted) please visit www.gatewayhousing.org.uk alternatively please email quoting relevant reference code to recruitment@gatewayhousing.org.uk

Gateway is an equal opportunities employer and welcomes applications from all sections of the community.

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



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Law, Probity & Governance
Ref: LPG00005 | Closing date: 23/03/14

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Senior Committee Officer

Law, Probity & Governance
Ref: LPG00001 | Closing date: 23/03/14

£35,406 - £38,229

Festivals and Events Officer

Communities, Localities and Culture Directorate
Ref: CLC00549 | Closing date: 30/03/14

£32,856 - £35,406

Family Support Worker

Education, Social Care and Wellbeing Directorate
Ref: ESW00243 | FTC until 31/03/15
Closing date: 26/03/14

£25,770 - £27,279

Bengali Speaking Male Day Care Officer

Education, Social Care and Wellbeing Directorate
Ref: ESW00201 | Closing date: 23/03/14

£23,148 - £25,068

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



INVESTORS
IN PEOPLE



Providence Row Housing Association

A place where service users and staff work together to improve lives.

Providence Row Housing Association (PRHA) provides social housing, support and specialist services. We work predominantly with single people and families who are in housing need.

Learning Development Worker

23 hours per week | £13,186 per annum | London E2
Funded until March 2015

We have an exciting opportunity for a Learning Development Worker to work across all our projects delivering an educational and learning service.

You will be responsible for delivering a high quality, empowering and enabling learning development and employment access service both to individuals and groups of our service users.

This includes tracking individuals' progress and outcomes, responding to changing needs, and ensuring the service is accessible for all. It is a challenging and creative role.

Your role will include enabling access to courses, qualifications, employment opportunities and developing employment related skills training. The objective is to enable service users to achieve their aspirations in relation to employment, volunteering and further/formal education.

You will also be required to work collaboratively with Project Officers over joint service users and ensure accurate written records are kept and regular reports prepared, as well as raising awareness and providing support around learning development issues.

For further information and to download an application pack, please visit our website: www.prha.net

Closing date: 5pm on Monday, 31st March 2014.

We value diversity and are committed to fairness and equal opportunities in all our services and for our staff. Enhanced DBS checks apply.

PRHA is a charitable housing association.

HCA No: L0695.

Industrial & Provident Society No: 19322R.



**To place
your ad
in East
End Life,
call...**

**Terri on
7364 4682**

**Chris on
7364 4994**

**Fatima on
7364 4623**

**Sharan on
7364 4061**

**To reserve
your space,
please call us
to book by
midday on
the Tuesday
prior to the
publication
date.**

eastendlife

Link Workers – Working with Women Offenders

Women Ahead is a one stop shop aimed at supporting women who are in contact with the criminal justice system and those who are at risk of offending. Services offered include holistic one-to-one support, advice, signposting and well-being activities.

We are looking for a part time (22.5 hours) and full time (37 hours) dynamic team player who can demonstrate creativity and sensitivity to develop an innovative service model for women who have a variety of vulnerabilities and complex needs. We are

particularly interested in applicants with experience of the criminal justice system.

The post is for women only and is exempt under the Equality Act 2010. All posts are subject to DBS clearance.

Closing Date: Monday 7th April

Salary £25,000-£28,000 based on
experience/pro rata for part time post



For further information and to apply please download the Job Description, Application and other relevant forms from www.jagonari.org.uk and send completed forms to Catherine@jagonari.org.uk or phone 0207 422 0502

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

5-7 Court Street, London

PA/14/248/GMA

Change of Use of the Ground Floor Retail Unit A1 to Restaurant use A3, including the installation of a mechanical extraction system with 3-stage filtration and a vertical extract duct terminating at least 500mm above the existing building and sound attenuating fixings.

112-116 Whitechapel Road, London

PA/14/344/GMA

Retrospective planning application for a part conversion of the existing storage ancillary to a retail unit which has been split into 5 different units, and amendments to elevations following planning permission PA/11/01642. 4 of the units are currently being used as A1 retail and the 5th unit is being used as an A5 hot food takeaway.

Restaurant 2, Commodity Quay, East Smithfield, London

PA/14/314/MCH

Reconfiguration of shopfront to provide an additional entrance door. All materials and finishes to match existing. Existing shopfront approved under PA/12/02436.

181 Cannon Street Road, London, E1 2LX

PA/14/275/SHT

Proposed change of use from A3 (ground floor) and B1 (upper floors) to D1 Education Centre

Unit 102, Metropolitan Wharf Building, 70 Wapping Wall, London, E1W 3SS

PA/14/420/MCH

Installation of demountable solid partitions to form store / server room within existing space.

48 Redchurch Street, London

PA/14/408&409/MCH

Replacement shopfront including signage.

Two blade signs, one vertical and one horizontal plus one door handle sign.

139 Commercial Street, London, E1 6BJ

PA/14/328/MCH

Internal fit-out of existing retail unit to create a coffee shop. Re-painting work to existing timber shopfront.

355 Commercial Road, London, E1 2PS

PA/14/234/MCH

3 Storey Ground Floor Rear Extension.

105 Wapping Lane, London

PA/14/377/MCH

Replace lower sections rainwater down pipes (3 of 5 existing) recessed into brickwork. Reline parapet gutter in lead and install catch-pit arrangement with storm over flow.

29 Whitechapel Road, London, E1 1DX

PA/13/2944/GMA

Retention of the 5 existing flats and ground floor A1 unit

167 Brick Lane, London, E2 7EE

PA/14/448/KHA

Change of use from Retail (A1) to Beauty Salon / Treatment Rooms (Sui Generis)

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

104 Antill Road, London, E3 5BN

PA/14/346/SHA

Erection of 1) Two storey extension to rear of property to replace existing single storey bathroom/wc block 2) A single storey rear infill extension 3) A chimney located to the rear.

82 Columbia Road, London, E2 7QB

PA/14/305/KHA

New rear entry door. Revised internal layout forming enlarged self-contained flat over ground and first floors. Revised shop front.

Shoreditch Station, Pedley Street, London

PA/14/294/ADW

Change of Use from former London Underground Station (Sui Generis) to A1 for the display of goods for sale (retail shop), A1 internet cafe, B1 office, D1 for the display of works of art (other than for sale of hire), D1 as a public hall or exhibition hall, D2 dance class, together with external alterations to the building, including the installation of a window to the west elevation at lower ground floor level and the installation of a skylight above the void to the eastern part of the site.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 17th March 2014

OWEN WHALLEY

Head of Planning and Building Control



LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

6 Greenwich View Place, London, E14 9NN

PA/14/460/SAE

Installation of 4 telecommunications dishes and ancillary equipment on roof.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 17th March 2014

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



Notice is hereby given that the London Borough of Tower Hamlets has set its Council Tax at the following amounts for the financial year **1st April 2014 to 31st March 2015**;

Band A	£789.68
Band B	£921.30
Band C	£1,052.91
Band D	£1,184.52
Band E	£1,447.74
Band F	£1,710.97
Band G	£1,974.20
Band H	£2,369.04

STEPHEN HALSEY
HEAD OF PAID SERVICE
& CORPORATE DIRECTOR CLC



Public notice

LONDON BOROUGH OF TOWER HAMLETS

SPECIAL TREATMENT LICENCES

NOTICE IS GIVEN THAT SF City Ltd has applied to the London Borough of Tower Hamlets for Lymphatic Drainage Massage.

Licence for premises Studio Figura, 3 Leyden Street, E1 7LE.

Anyone wishing to oppose the application must give notice in writing to David Tolley, Head of Consumer and Business Regulations Service, 6th Floor, Mulberry Place, 5 Clover Crescent, London E14 2BG. **WITHIN THREE WEEKS** specifying the grounds of opposition.

Person objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

To advertise in East End Life, call...

Fatima on 7364 4623

Sharan on 7364 4061

Terri on 7364 4682



Games master

Prince Harry launched the Invictus Games in Stratford last week.

SEE PAGE 35



Leila is a splashing success

Leila Moore, a member of the Docklands Sailing & Watersports Centre, has boosted her Olympic credentials by being named one of the Royal Yachting Association's top young sailors.

SEE PAGE 36

Soccer round-up

Football in brief

Women in eight goal thriller

Tower Hamlets WFC 8
Katabella 1

TOWER Hamlets Women, second in the Greater London Women's League Division Two (North), went on a goal-scoring frenzy in this impressive win against bottom-of-the-table Katabella at Millwall Park.

And they were set to face them again away as East End Life went to press.

The Cows played some slick, incisive football, and the deadlock was broken when Carmel Pragnell got the first goal of her hat-trick with a fine strike.

The shots continued to rain down on Katabella and with Pragnell linking up well with Alex Milne and Bea Aguilar, the Cows' front three all got their names on the scoresheet before half-time.

Katabella's humiliation continued in the second half as they were torn apart.

Spanish winger Aguilar displayed real energy and style, routinely making 60 yard breaks down the right, and she was rewarded with a brace of goals and player-of-the-match award.

The only disappointment was the failure to keep a clean sheet, but one lucky goal could not quell the threat – Pragnell, Milne and Rebecca Brown all adding goals in the second half.

Sporting lose to rampant Borough

IT'S been a week of mixed fortunes for **Sporting Bengal** – hammered 7-0 at home to **Haringey Borough** then celebrating a 2-1 win over **Barking** on Saturday, Redwood and Josh getting the goals.

Even more amazing about the seven goal disaster was that Borough played with ten men from the 15th minute.

Bengal were reduced to ten men when the goalkeeper was sent off 15 minutes from the end and then Bengal lost another player in the final two minutes allowing Borough to finish the scoring and end a miserable time for Sporting Bengal.

Gilroy at the double

BY PETER FAULKNER

FC HAMLETS are making cup success something of a habit this season.

They are already in the final of the London Cup and now they have booked their place in the semi-final of the Syd Morrell Trophy.

Two goals from John Gilroy sunk London APSA as Hamlets progressed with a comfortable 3-1 victory away from home.

Hamlets pressed for an early lead and were rewarded when George Oakley played in Gilroy with a beautiful pass

which he tucked away superbly to open the scoring.

The game stayed at 1-0 until the 36th minute when a loose ball was picked up by Oakley who drove a crisp shot into the bottom corner of the net from 25 yards out giving the keeper no chance.

Four minutes later Hamlets virtually wrapped up the tie when an excellent ball from player-manager Ashley King played in Gilroy for his second goal.

The second half started with Hamlets looking to completely put the game beyond reach.

They started to slacken off and invited pressure from APSA who reduced the deficit ten minutes from time after goalkeeper Nick Pyne miskicked the ball and it fell to the feet of an APSA forward who reacted quickly to score.

Hamlets had to be sharp and alert to see out the last ten minutes but they had done enough to win this quarter-final.

Man of the match was centre-half Jamie Lottrie.

FC Hamlets: Pyne, Morris, Glasgow, Lottrie, Clancy, King (Panton), With, Jeannevol, Oakley, Peat, Gilroy.



John Gilroy and mascot

TOWER Hamlets District football team plan to represent the borough by taking part in the inter-club Jersey District Football tournament next month. But they face one stumbling block – the cost.

The boys have got to find £400 each for the 40th anniversary tournament and this week they asked East End Life to encourage local businessmen to help finance the trip.

The youngsters – all aged 11-16 – have been trying to raise money themselves and thanks to Asda on the Isle of Dogs, they spent a Saturday morning packing shoppers' bags and asking them to make a small contribution. Karlie Kamara, mother of defender Isaac Miller, said: "We would like to ask local



The team with manager David Molloy and Ollie Moss, Phoenix School PE teacher

businesses and organisations in Tower-Hamlets for help as this is an expensive trip for 11 boys and two to three coaches. "This is a great opportunity

for our young Tower Hamlets residents and it would be a shame if the borough was not represented." The tournament takes place

between April 12-19 and the team will be competing against district teams from all over the country. If you want to help email karliekamara@live.com

Charity boost before title show

TOWER Hamlets Football Club boosted their Essex Senior League title hopes at the weekend – and raised £400 for the homeless.

They drew a blank on the field drawing 0-0 with East London rivals Clapton at Mile End Stadium, but returned there 48 hours later to beat Barking 3-0.

Before the Clapton game the club agreed that if the crowd exceeded 100, the extra gate money would be given to homeless charities.

The match attracted a crowd of nearly 200 – more than double their average gate – and this raised £400.

The draw kept Tower Hamlets handily placed six points behind

Great Wakering Rovers with two games in hand and six points ahead of Enfield 1893 having played two games more, so the title chase is still close.

The second match against **Barking** was a totally different affair with Hamlets making an immediate impact with just 15 minutes on the clock, Joe Killingback scoring after a

one-to-one with the keeper.

Six minutes later Luke With doubled the score heading home a free kick from Bradley Ling.

Manager AJ Olatunbosun brought on Kane Wilson for the last 20 minutes and the winger scored to put the result beyond doubt, while goalkeeper Robert Hutton saved a last minute penalty.

Football in brief

Queensbridge in sight of title

QUEENSBIDGE are within touching distance of the Essex Sunday League Division One crown after beating Young Prince 3-1.

They now only need one point from their remaining games to lift the crown. Lee Daniels, 2, and Kane Suarez were the scorers while Dean Tidy scored for Prince.

Macca Sports Premier Division Byron (Belle, 3, Samuels, 2, With and Browne) came out on top 7-3 against Stratford Juniors in a one-sided affair; Stoke Newington (Straker) lost 3-1 to Rearna (Thomas, Walton, King) who took another step towards the title; Hackney Downs A were awarded the points after Springfield failed to field a team.

Division One: Lord Morpeth (Barter, Lewis, Brown, Borg) won 4-3 against **Hackney Downs B; Arbour Athletic** (Brannand, 2, Guidera, Dady, Wheeler) fought back from 5-0 down to draw 5-5 with **Cranes**.

Division Two: Cardigan (Hodgson, 2, Stannard) drew 3-3 draw with **Hale Rangers** (Osman, Mohammed, Ismail); **AC Nightingale** had an 8-3 victory over **Chettle Court Rangers; Workhouse** were given a home win over Castrillon.

FC Bengals in the tite shake-up

FC BENGALS against **Mohammedan SC** in the Community Sunday League saw third face fourth, but it was Bengals who deservedly took the points.

Mohammedan could not match the experience and class of their opponents who hit two goals in the first 20 minutes.

This puts FC Bengals right in the mix for the title with a game in hand over the current leaders E7 Probashi who drew 0-0 with Shadwell. FC Bengals take on ACE next.

Premier Division: East One 3 – SYA 1; E7 Probashi 0 – Shadwell 0; Mohammedan SC 1 – FC Bengals 3.

First Division: Abohani 1 – London Central 0; West Ham SC 0 – Poplar United 0; Shoreditch 1 – SOUL 2.



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to kung fu.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Leisure centres

John Orwell Sports Centre

Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre

35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre

190 Burdett Road, E3.
8709 4420

Mile End Park Stadium

Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools

221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre

Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre

55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre

5-15 Old Ford Road, Bethnal
Green, E2.
8980 2243

Keep fit

Body conditioning

Thurs, 6.15pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Coaching for juniors

Badminton & volleyball. Ages
9-16, all levels welcome. £1.
Sats, 12-2pm. Handball. for ages
9-16. £1. Sats 2-3.30pm. Bethnal
Green Academy Sports Centre,
Gosset Street, E2.
7920 7937

Fitness Boot Camp

Sat 9.30-10.30am at Mile End
Park, Grove Road, E3.
07946 312102

Hatha yoga class

Sats 9am at Yoga Place,
Bethnal Green Road, E2.
07905 944314

Keep fit

Weds, 10.15-11.15am, crèche
available. Lansbury Lodge,
117 Ricardo Street, E14.
7515 7471

Meet soccer bosses of the future

Football

MEET the latest Tower Hamlets residents to take the first steps on the path towards becoming the next Jose Mourinho or Harry Redknapp.

They have just qualified as football coaches after passing the Football Association's Level 1 coaching course. Seven of those passing the three day course – run by the Bangladesh Football Association – were unemployed.

The course was part of the BFA Volunteering & Training Project, which was part-funded by the European Social Fund and matched by the Mayor of



Recipients of the latest BFA coaching course with their certificates

Tower Hamlets Community Grants.

The BFA will be delivering a

two-day Introduction to Youth course during May half-term.

For further information on

courses, call Kamrul Islam on 7392 2126 or email bfauk@btconnect.com

Keep fit

Weds, 11.45am-12.45pm. St
Hilda's East Community
Centre, 18 Club Row, E2.
7739 8066

Personal training

Get fit, lose fat, tone muscles.
Unit 1, Simon House, Limehouse
Studio, 566 Cable Street, E1W.
07900 216005

Pregnancy yoga classes

Small group and private tuition.
Suitable for mums-to-be from
14 weeks onwards. Call Claire.
07958 645978

Seniors exercise

Mons, 1.30pm, line dancing;
Tues, 10.45am, workout.
London Dockers Club,
6 Boulcott Street, E1.
7790 3785

Step 'n' tone

Tues, 7pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Taekwondo

Beginners welcome. Adults &
juniors. Tues 6.30-8pm and
Sun 1-3pm at Langdon Park
Sports Centre, Byron Street, E1.
8310 1469

Tai Chi

Daily, for health and self
defence. 449-453 Bethnal
Green Road, E1.

7033 3993

Tai Chi for beginners

Mons 6.15-8.15pm and
Sats 9.30-11.30am at Roland
Philipps Scout Hall, Aylward
Street, E1. Also, Fri 6.30-8.30pm
at St Barnabas Church,
corner of Grove and Roman
Road, E3. £7.
07748 985209

Women's keep fit

Tues & Thurs, 10.30-11.30am,
£2. Garret Centre, 117 Mansford
Street, E2.
7739 7241

Women's keep fit class

For all ages. Sats, 1.30-3pm.
Diesel Gym, Top Floor, Simon
House, Butchers Row, E1W.

Women's Yoga

Free classes, donations
welcome. Take your own mat.
Fri, 10.30-11.30am.
Alpha Grove Community
Centre, Alpha Grove, E14.
7538 1714

Angel yoga

Kundalini yoga for beginners
every Tues, 7.30-8.45pm. £9.
St Hilda's Community Centre,
18 Club Row E2.
07890 909928
satkartarkaur@rocketmail.com

Yoga

Hatha yoga, women only, Sats,

11.45am-1pm. Warrior power
flow, Mons 7-8.15pm. Deep
yoga flow, Sats 11am-12.15pm.
£7.50. The Threshold Centre,
1 Ada Place, E2.
7729 2961 or 07932 576333

Yoga Creation E14

Ashtanga, Vinyasa, Hatha yoga
classes (£10-£14), courses &
workshops. For beginners to
advanced, 7 days a week.
Pregnancy yoga, £13.
7517 9183
www.yogacreation.co.uk

Zumba classes

Every Weds, 7.30-8.30pm. £5.
Tredegar Community Centre,
333 Morville Street, E3.
07884 168176

Zumba Fit

Fun, energetic class. All levels
welcome. £5. Every Weds, 6.30-
7.15pm. Bow Methodist Church,
1 Merchant Street, E3.
07592 140590

Sport

Back to netball

Weekly sessions. £1.10. Tues,
6pm. John Orwell Sports
Centre, Tench Street, E1W.
07914 685261

Cricket coaching

Under-11s and U13s – Weds,
4-5.30pm; U16s – Tues, 4.30-
6pm; 16+ – Thurs 5-8pm.

Dockland Settlements,
197 East Ferry Road, E14.

Berner Football Academy

Under-12s, part of TH Youth
League. Matches on Sat, train
on Sun. Christian Street Ball
Court, Berner Estate, E1.
07960 434110

Football training

Sat, 9-11am for boys and
girls aged 5-11, Mulberry School
for Girls, Richard Street, E1; 12-
1pm for ages 3-5. St Patrick's
School, Dundee Street, E1W.
07956 095218

Kibondo

Martial art for age 6 and over.
Mons, 6.30-8pm. Fri, 6.30-
7.30pm, children; 8-9pm, adults.
£3.50 adults, £2.50 children, first
lesson free. Teviot Centre,
Wyves Street, E14.
07956 428654

Kickboxing and self-defence

£5 per class. Suns, 1pm;
Tues, 7pm (women only).
Whitechapel Sports Centre,
Durward Street, E1.
07952 872362

Kung fu

Wong Shun Leung system of
ving tsun. Weds, 8-9pm. £7,
adults only (kids classes soon).
St John's Church Hall, 200
Cambridge Heath Road, E2.
07930 609379

Kung fu and self-defence

Mon, 7.30-9pm. 2nd floor,
56-60 Nelson Street, E1.
07947 126852

Kung fu fitness

Mons 7-9pm. Bryant Street
Methodist Centre, Stratford, E15.
07950 637345

Martial arts

Adults/junior kickboxing: Tues,
6.30-7.30pm; senior ju-jitsu
(male & female), Tues, 7.30-
9pm; adults/junior kickboxing
self-defence, Weds, 6.30-
7.30pm; seniors kick/Thai
boxing (male & female), Weds,
8-9.30pm. Shadwell Basin
Project Centre, Glamis Road, E1.
07811 105620

Martial arts

Learn the Wong Shun Leung
system of ving tsun kung fu.
Weds 8-9pm. £7, adults only.
St John's Church Hall, 200
Cambridge Heath Road, E2.
07930 609379

Muay Thai for women

KO London, 186 The Arches,
Globe Road, E2. Sat 3-4.15 £7
concs, £9 waged.
7265 9693

Multi Sports

Every Sat, 2-5pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Netball

Arbour Netball Club train at
the Parkside Leisure Centre at
Mulberry School, Commercial
Road, E1 every Monday night.
01277 811772

Rugby – men, women, youths

Millwall Rugby Club. Suns,
10.30am-12noon (youth);
Mons, 7.30-9pm (adults);
Weds, 7.30-9pm (men);
Thurs. 6.30-7.30pm (boys
aged 7-17); Thurs, 7.30-9pm
(women all ages).
07963 5833655

Women's running

Network Group. Weds, 6.30pm.
Mile End Stadium, Rhodeswell
Road, E14.
07958 368070

Email listings to [eastendlife.
news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)



Make a splash in Docklands

Youth activity weeks take place at Docklands Sailing Centre on the Isle of Dogs from April 7-10, and April 14-17 for youngsters aged between 8 and 16. No experience is necessary.

WWW.DSWC.ORG

Tell the East End

Kaizen Ryu Karate are starting new classes for kids and adults. To book, call 07743 764234 or visit...

WWW.KAIZENRYU.COM

Sport

Matt's early try gives Millwall the edge

BY PETER FAULKNER

Millwall mens 1st 32
Pegasus Palmerians 19

THE last time these two rugby teams met, away from home, Millwall were involved in a closely-fought contest so they knew this return encounter would be a stern test.

They set about their task professionally and within five minutes Matt Caldecourt went over for the first try with George Conway converting.

Memories from the away match came flooding back when the visitors quickly replied with a try after a lapse in concentration from Millwall.

Millwall then conceded a penalty, but hope was restored by an early penalty kick from George Conway to put the home team even further ahead.

The visitors managed to capitalise on a mistake from Millwall at the breakdown and kicked for three to keep the game on edge.

Byron Morris scored towards the end of the first half and with the help of Conway kicking the conversion, Millwall stayed ahead.

Four minutes from the end of the first half, an over enthusiastic tackle lead to Millwall going into the second half down to 14 players.

But they showed a lot of courage and lasted the full ten minutes without conceding.

Unfortunately, soon after, due to lapses in concentration and good running by key players from Pegasus, the visitors went ahead by two points with 20 minutes left.

Penalty kicks and a try from George Conway put Millwall ahead by three points.

Then a fantastic ball by Sean Russell created an opening for Toby Owen to go over the line and clinch victory.

Millwall 12
Upper Clapton 30

THE Llamas continued what can only be described as a disappointing start to 2014 with a loss at home on Hackney Marshes to Upper Clapton 2nds.

Upper Clapton's powerful pack put the Llamas under sus-

tained pressure in the first half.

Having committed Millwall numbers to the breakdown Clapton were then able to take advantage on their right wing for their first try.

Clapton kept their score ticking over with penalties from the boot of their 10.

After Clapton's second try, the Llamas put a couple of moves together and Jamie Fitzpatrick stepped in at 10 adding a chip over the top to the Llamas.

Ed Rice marked his return to the team with a fantastic try from 40 yards.

In the second half Clapton's number five scored two tries and the only Millwall highlight was a wonderful try from club veteran Shafik Visram. Conversion was by Jamie Fitzpatrick.

Prince has new Games plan

PRINCE Harry, the champion of wounded soldiers, has announced that the US style Warrior Games are coming to Britain where they will be rebranded the Invictus Games.

And Stratford's Copper Box arena will be the venue for this event on September 10, giving east Londoners a great opportunity to support our armed forces.

Prince Harry made his announcement, supported by Mayor of London Boris Johnson, at the Stratford venue and also took part in a game of sitting volleyball.

He declared the Invictus Games would have a long-lasting impact on those who fought for their country.

He added: "I have witnessed

first hand how the power of sport can positively impact the lives of wounded, injured and sick servicemen and women in their journey of recovery.

"The Invictus Games will focus on what they can achieve post-injury and celebrate their fighting spirit through an inclusive sporting competition that recognises the sacrifice they have made.

"I am extremely proud to be bringing an event like this to the UK for the first time and believe it can have a long-lasting impact on the well-being of those who have served their nations so bravely."

Prince Harry, who served in the British Army for eight years, attended the last Warrior Games in Aspen, Colorado, during his visit to the United States in May last year.



Prince Harry joins in last week's games launch

The Games are designed to introduce injured service members and veterans to Paralympic sport competition.

It will see more than 300

former and serving injured servicemen and women compete in the international tournament, which will involve 13 nations.

Sport in brief

Repton 14 march on in title race

THE Repton Boxing Club conveyor belt continues to roll out champions – and the London Schoolboy Championships was the latest evidence of their undoubted class.

The club entered 14 boxers for the London finals at Feltham, Middlesex, and ended the weekend with... 14 winners.

Now they go forward to the next round on March 22 hoping to set new club records.

For eight of the youngsters – Johnny Johnson, George Mitchell, George Ellis, Harvey Smith, Tom Rolfe, Frank Baker, John Lee, and Gary Haffadeen it was an easy championships – because they were all awarded walkovers.

The other six had to box at least once, with Henry Turner, Jamal Khan and Adam Mohammed having to box twice during the course of the weekend.

Turner had a classy final-round stoppage win over John McDonagh (Uxbridge) before defeating John Bannon (Palmer's Green) the next day.

Khan had two excellent victories over Chris McCarthy (Islington) and Steve Warden (Eltham) while Mohammed also boxed really well to enjoy double success over John Winder (Nemesis) and Billy McDonagh (Hook).

Quickest winner of the rest was Isaac Johnson who stopped Al Ward (Dale Youth) in two rounds while Jesse Beck and John Henty both enjoyed points wins over Ray Corcoran (Dale Youth) and Brian McDonagh (Lynn).

Kaizen karate club is on the move

LONG established karate club **Kaizen Ryu Karate** are starting new classes for kids and adults in Shoreditch.

The club, which already runs classes at Bethnal The Garrett Centre, Mansford Street, Bethnal Green, and Central Foundation Girl's School, Harley Grove, Bow, has been running for 11 years and has trained numerous national, European



The new Kaizen venue

and world champions. The new Shoreditch dojo is an exciting prospect for the club and they are looking forward to working with the local community by providing self-defence classes.

The club opened on March 15 at Attlee Youth and Community Centre catering for 5- to 12-year-old kids, from 10am to 11am and to all age groups from 11am to 12 noon.

To get involved and book your first class, call the club on 07743 764234 or visit www.kaizenryu.com

Wapping hit six, ladies beaten

WAPPING Hockey club men's first team had an easy 6-0 win over local rivals Ramgahria and also hit the post four times.

Goalscorers were Grant Aidoo-Nash, 2, James Fanger, Phil Messent, Jason Black and Andrew Magro.

It was an inspiring victory even though Wapping were without nine regulars.

Coach Ryan D'Souza said: "This was a solid and professional performance and it was good to keep a clean sheet and consolidate our position in the table".

Wapping Ladies first team faced FGolkestone at home hoping to retain their third place in the table.

But they went down 4-1 and dropped to fourth in the league.

The second team were also beaten – 3-1 by Southend – Lo Guidice scoring the only goal.

Southend were just too strong, but fortunately Wapping still remain safely in the top half of the table.

Meanwhile the Mens eighth team won the Division 8 South East league title with a 3-0 win against Redbridge and Ilford Academy.



Fund-raiser

The Tower Hamlets FC match raised £400 for the homeless.

SEE PAGE 33



Repton 14 march to glory

Repton Boxing Club entered 14 boxers in the London Schools Championships and finished with an incredible 14 winners, all chasing further title glory on March 22.

SEE PAGE 35



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Leila's award keeps her on target for Olympic dream

BY PETER FAULKNER

LEILA Moore started windsurfing at the Docklands Sailing & Watersports Centre when she was ten just to pass the time away during the school holidays.

Twelve-year-old Leila from Manchester Road, Isle of Dogs, has been a splashing success since then, winning award after award and being recognised as one of our rising young stars and potential Olympic candidates.

Her latest award came at the Suzuki dinghy show at Alexandra Palace, when she joined 12 other young sailors from around Britain and Ireland to pick up Royal Yachting Association Youth Champion awards.

Leila, a pupil at Wapping High School, and sponsored by Canary Wharf Group and East End Homes, was voted the most promising young sailor for the Thames Valley area.

This is the first time the awards have been given to young sailors, windsurfers and powerboaters.

The awards were presented



by the British Sailing Team's Dylan Fletcher and recognise the outstanding achievement and performance of young people.

Leila is now a National sailor and is on her second year in the GBR Zone Squads which will keep her on the Olympic pathway to achieve her goal of becoming an Olympic gold medallist.

Leila's mother, Karen, said: "I

am really proud of what Leila has achieved.

"She is very dedicated. Leila does all her school homework during her lunch break so that she has evenings free just for training."

Leila entered 2013 a four-time London champion getting gold medals in four major London regattas and also two gold medals in the London Youth Games.

The four 2013 London titles

Leila currently holds are: Club champion, Borough champion, Inner London champion and Greater London champion.

She has had plenty more success, including five gold medals and several silvers.

Leila Moore training in her own craft and aiming for a future Olympic place

Sign up for Sport Relief

EAST London will rekindle the Olympic spirit on Sunday, March 23 when hundreds of Tower Hamlets residents will be among those taking part in the first ever Sainsbury's Sport Relief Games.

Events will be taking place at venues all across the country – including landmark events at Queen Elizabeth Olympic Park, Stratford.

You can make a splash at Mile End Park, Tiller, St Georges and York Hall Leisure Centres, for your fund-raising or the newly opened Aquatics Centre at Stratford.

You can enter the mile and relive the inspiring atmosphere of the London 2012 Olympic and Paralympic Games or, alternatively, cycle either the 25- or 50-mile route.

There are also activities taking place at Canary Wharf with a dragon boat race being staged by Docklands Sailing & Watersports Centre on March 21.

Lions boss fumes over a lack of quality

Basketball

LONDON Lions basketball team remain in fifth place, despite a 108-93 defeat at the hands of Manchester Giants at the Copper Box arena.

The Giants claimed their third consecutive victory and

continued to make a late play-offs charge – they have now won five of their last six matches.

Chez Marks was the top scorer for Lions with 24 points, but boss Vince Macauley was far from happy.

He said: "That was not acceptable.

"In as much as we are trying to get the whole organisation presenting a first class night out, we need the product on the floor to be of the highest quality and our effort tonight was not.

"I expect a lot more heart and fight from any team of mine and I will endeavour to fix this."

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Fair day's pay for producers

Events highlight scheme to
give farmers a better deal

SEE PAGE 4



Spice up your life with Ainsley

Join the celebrity chef for a
Curry Mile celebration

SEE PAGE 7



Petticoat Lane promenade

Follow Graham Barker's
latest Walk of the Month

SEE PAGES 18 & 19

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

THIS IS ABUSE

IF YOU SEE ABUSE, REPORT IT

Call the First Response Team on 020 7364 5005. If you
are at immediate risk, please call the police on 999.

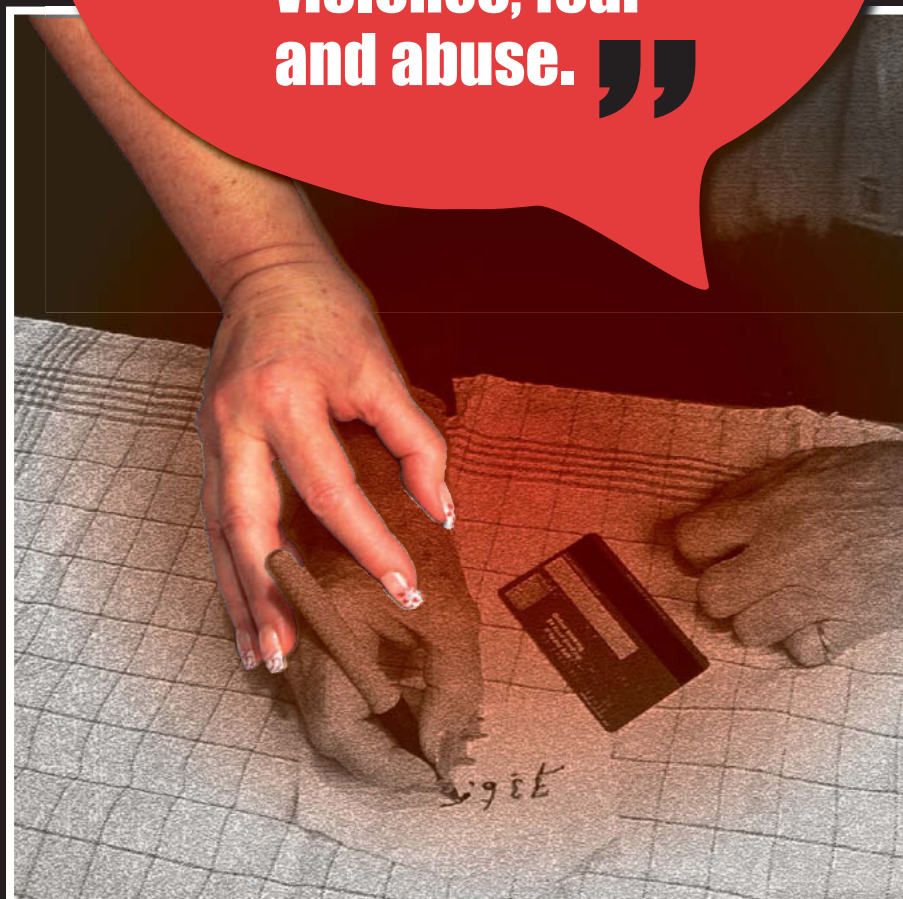
Visit one of our libraries, one stop shops or leisure centres
for support in helping you report abuse.

To report abuse to police please contact the Tower Hamlets
Multi Agency Safeguarding Hub on 020 3276 3501





“Everyone has the right to live their life free from violence, fear and abuse.”



Everyone has the right to live their life free from violence, fear and abuse.

All vulnerable adults have the right to be protected from abuse. They may be less able to protect themselves because they have:

- A mental health problem or a learning disability
- are physically disabled
- are of older ages
- have an illness

What is abuse?

- Physical abuse (such as hitting, slapping, kicking, pushing, misuse of medications, restraints, inappropriate sanctions)
- Financial abuse (e.g. theft, fraud, exploitation, pressure in relation to wills, inheritance, property and other financial transactions, misuse or misappropriation of property, benefits or possessions)
- Sexual abuse (such as rape, sexual assault, any sexual act that the person did not consent to or any sexual act that they were unable to consent to or any sexual act that they were pressured to take part in)
- Psychological abuse (including emotional abuse, threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, harassment, coercion, verbal abuse, isolation, withdrawal from services or from supportive networks)
- Neglect and acts of omission (such as ignoring medical advice or physical health care needs, failure to provide access to appropriate health, social care or educational services, the withholding of medication, adequate nutrition and heating)
- Discriminatory abuse (including racist, sexist, that based on a person's disability, harassment, slurs)

Report abuse

Ring the First Response Team on 020 7364 5005. You can also email or complete an alert form available on our website:

<http://www.towerhamlets.gov.uk/safeguarding>

Visit one of our libraries, one stop shops or leisure centres for support in helping you report abuse.

To report abuse to police please contact the Tower Hamlets Multi Agency Safeguarding Hub on 020 3276 3501 or email towerhamletsMASH@met.police.uk.

For non-emergency police matters please dial 101. If you are at immediate risk, please call the police on 999.

Everyone has a responsibility to look out for people who are vulnerable to abuse and to notify agencies if they know or think that abuse is occurring. If you see abuse, report it.

সহিংসতা, ভয়-ভীতি এবং নির্যাতন মুক্ত জীবন কাটানোর অধিকার সবার আছে।

নির্যাতন থেকে সুরক্ষিত থাকার অধিকার সব বুদ্ধিমান প্রাপ্তবয়স্কদের আছে।
তারা হয়ত নিজেদের রক্ষা করতে তেমন সমর্থ্য নন কারণ:

- তাদের মানসিক স্বাস্থ্য সমস্যা অথবা শিক্ষা বৈকল্য আছে
- তারা শারীরিকভাবে অক্ষম
- তারা বৃদ্ধ
- তারা অসুস্থ

নির্যাতন কি?

- শারীরিক নির্যাতন (যেমন মারধর করা, চড় মারা, লাথি মারা, ধাক্কা দেয়া, ঔষধের অপব্যবহার, বেঁধে রাখা, অনুপযুক্ত আইনের বেড়া জালে আবদ্ধ রাখা)
- অর্থনৈতিক নির্যাতন (যেমন চুরি, জালিয়াতি, দুর্বলতার সুযোগ নেয়া, উইল, উত্তরাধিকার, ধনসম্পদ নিয়ে চাপ প্রয়োগ, ঘরবাড়ী, বেনিফিট অথবা সম্পদের অপব্যবহার,
- যৌন নির্যাতন (যেমন ধর্ষণ, যৌন নির্যাতন, এমন যেকোন যৌন নিপীড়ন যেখানে তারা সন্মতি দিতে অপরাগ অথবা এমন যৌন কর্মকান্ড যেখানে তাদের অংশ নিতে বাধ্য করা হয়)
- মনস্তাত্ত্বিক নির্যাতন (এর ভেতরে আছে আবেগগত নিপীড়ন, ক্ষতি করা অথবা ফেলে দেবার হুমকি, অন্যের সাথে যোগাযোগ করতে না দেয়া, অপমান, দোষারোপ, নিয়ন্ত্রণ আরোপ, ভয়ভীতি প্রদর্শন, হয়রানী, মৌখিক অপমান, বিচ্ছিন্ন করে রাখা, সেবা অথবা সহায়তা নেটওয়ার্ক দিতে অস্বীকৃতি)
- অবহেলা এবং বাদ দেয়ার প্রচেষ্টা (যেমন ডাক্তারী পরামর্শ অথবা শারীরিক স্বাস্থ্য কেয়ার চাহিদা অবহেলা, উপযুক্ত স্বাস্থ্য সেবা, সোশ্যাল কেয়ার অথবা শিক্ষা সেবা প্রদানে ব্যর্থতা, ঔষধ, দরকারী পুষ্টি এবং হিটিং না দেয়া)
- বৈষম্যমূলক নির্যাতন (এর ভেতরে আছে বর্ণবাদী, যৌনবাদী, ব্যক্তির ডিজঅ্যাবিলিটির উপরে ভিত্তি করে, হয়রানী, গালমন্দ)

নির্যাতনের অভিযোগ করুন

ফাস্ট রেসপন্স টীমকে 020 7364 5005 নাম্বারে ফোন করুন। এ ছাড়াও আপনি ইমেইল করতে অথবা আমাদের ওয়েবসাইট থেকে অ্যুলার্ট ফর্ম পূরণ করুন:
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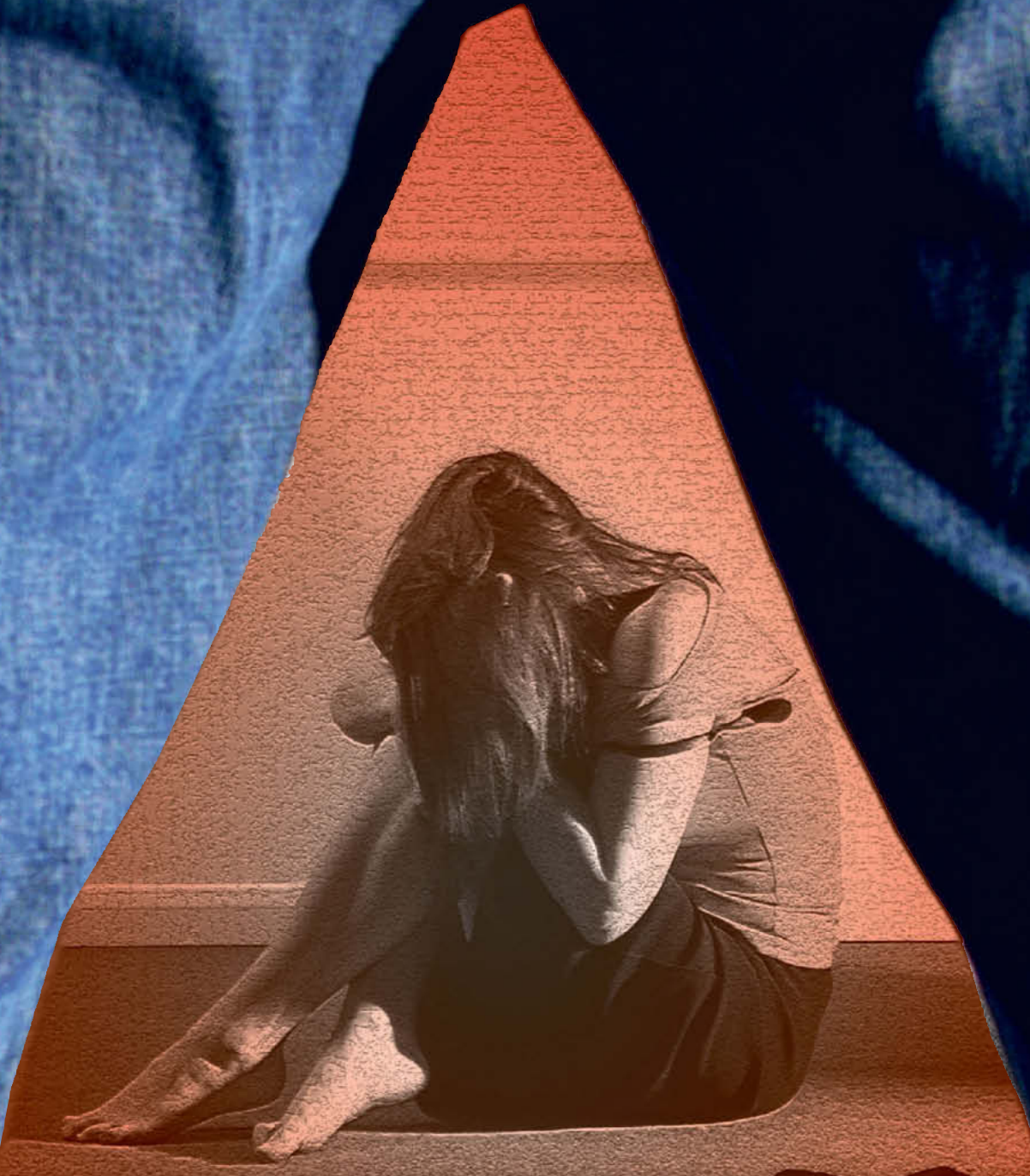
ইমার্জেন্সি নয় এমন পুলিশী বিষয়ের জন্য দয়া করে 101 নাম্বারে ডায়াল করুন। যদি আপনি তৎক্ষণাত বুদ্ধিতে থাকেন তাহলে দয়া করে পুলিশকে 999 নাম্বারে ফোন করুন।

যারা নির্যাতনের বুদ্ধিতে আছেন তাদের খোঁজখবর নেয়া সকলের দায়িত্ব। যদি কারো মনে হয় যে কাউকে নির্যাতন করা হচ্ছে তাহলে এজেন্সিকে সতর্ক করা তাদের কাজ। যদি নির্যাতন ঘটতে দেখেন তাহলে রিপোর্ট করুন।



“ সহিংসতা, ভয়-ভীতি
এবং নির্যাতন মুক্ত জীবন
কাটানোর অধিকার
সবার আছে। ”





এটি নির্যাতন

যদি নির্যাতন ঘটতে দেখেন, রিপোর্ট করুন

ফাস্ট রেসপন্স টীমকে **020 7364 5005** নাম্বারে ফোন করুন। যদি আপনি তৎক্ষণাত
ঝুঁকিতে থাকেন তাহলে দয়া করে পুলিশকে **999** নাম্বারে ফোন করুন।

নির্যাতনের অভিযোগ করতে সাহায্য পেতে আমাদের একটি লাইব্রেরি, ওয়ান স্টপ শপ
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সেফগার্ডিং হাবকে **020 3276 3501** নাম্বারে ফোন করুন।